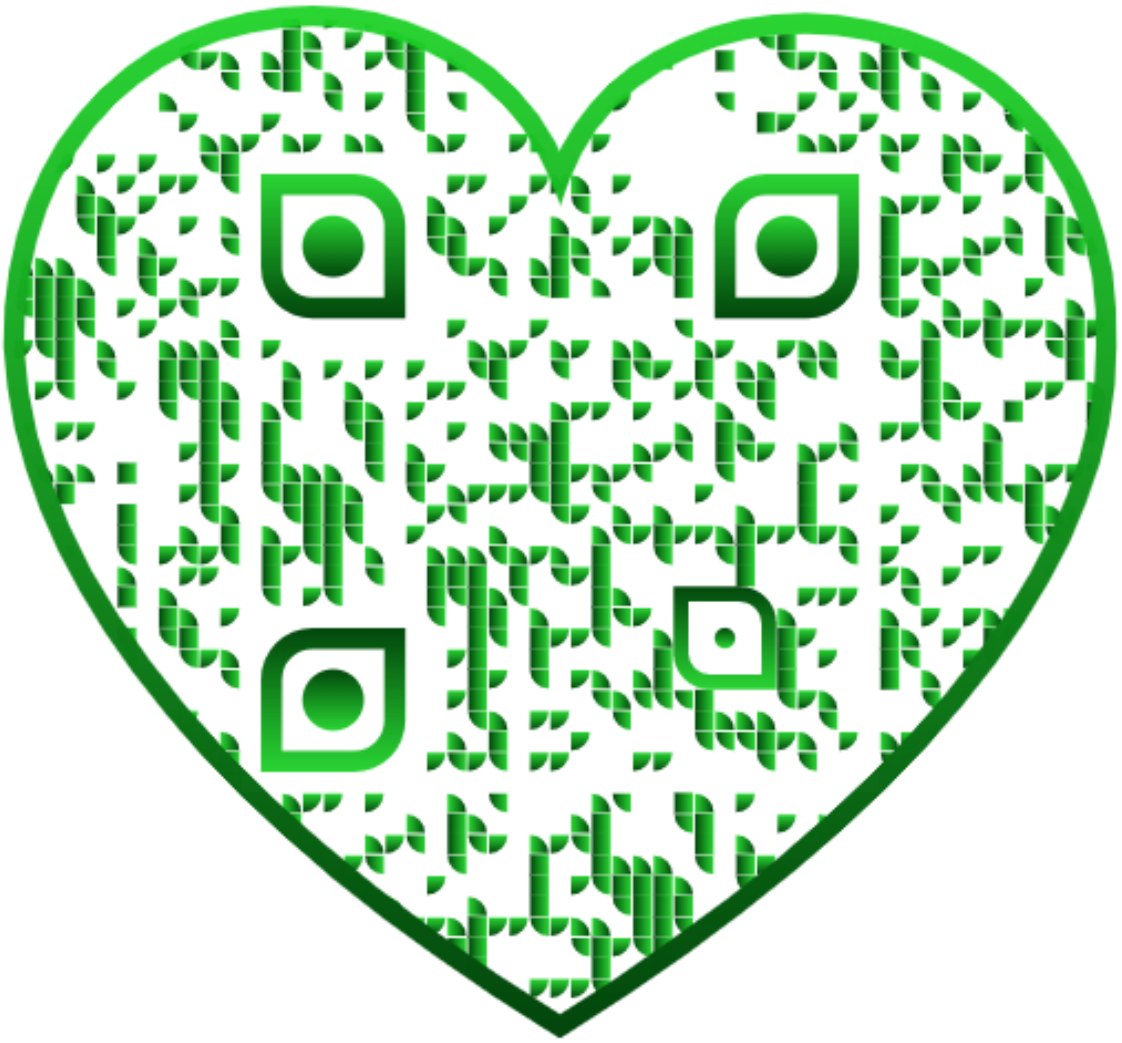
DISCOVER YOUR SOUL'S PATH through the AKASHIC RECORDS

Taking Your Life
from Ordinary
to ExtraOrdinary

LINDA HOWE



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CONTENTS

Author's Note: From Ordinary to ExtraOrdinary
Foreword
Preface: My Path to the Akashic Records

PART I: AKASHIC BASICS

Part I Introduction
Chapter One: How to Read Your Own Akashic Records
Chapter Two: Making Peace with Ourselves and Others

PART II: THE FIVE PILLARS OF CONSCIOUSNESS

Part II Introduction
Chapter Three: *Pillar 1:* Incarnation
Chapter Four: *Pillar 2:* Authority
Chapter Five: *Pillar 3:* Discipline
Chapter Six: *Pillar 4:* Responsibility
Chapter Seven: *Pillar 5:* Commitment

PART III: THE CENTRAL PILLAR

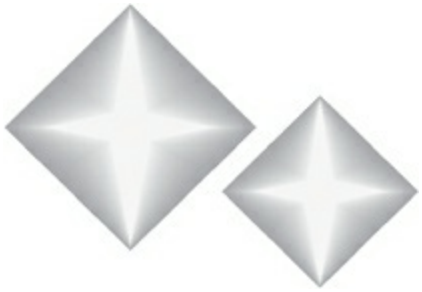
Part III Introduction
Chapter Eight: Grace
Chapter Nine: Balancing the Triangle
Chapter Ten: Your ExtraOrdinary Life

Onward
Appendix: The Pathway Prayer with Akashic Reflections

A Traveling Companions' Resource Guide
Glossary of Terms
Acknowledgments
About the Author

AUTHOR'S NOTE

From Ordinary to ExtraOrdinary



On the surface, an ExtraOrdinary life may appear to be quite similar to an ordinary life. In each, we work at jobs to earn money to pay bills to secure items for our survival and comfort. We develop relationships with neighbors, friends, and family.

There *is* a significant quality to an ExtraOrdinary life that distinguishes it from an ordinary one, and that is *aliveness.* You live from the inside out, leading with your Innermost Self. Your body, mind, and feelings are in the direct service of your soul; in your soul-led life, you constantly reflect the Divine light—you are aligned heart, mind, and will. Consequently, the bumps and bruises of life are not stifling or nearly as dramatic.

When you are living an ExtraOrdinary life, your intention is to always seek to find the light in others and in life. Committed to recognizing, identifying, and validating the light in every aspect of humanity, you enjoy immunity from the impact of negativity. This is not to say that you never encounter or experience the difficult—but rather that it doesn't stop you from finding the good, even in life's most terrible situations. You are inspired to perform great acts of kindness and generosity.

A deceptively simple strategy, revealed to me through my work in the Akashic Records, becomes our protocol for making this significant shift from an ordinary to an ExtraOrdinary life, as laid out in this book. The Records

can be understood as the “Cosmic Chronicles of You”: an energetic archive, a dimension of consciousness, that tells the story of your soul’s journey through space and time as a human being. More than that, the Akashic Records contain an experiential body of wisdom that comprises everything that every soul has ever thought, said, and done over the course of its existence, as well as all its future possibilities. They are formed of energy and exist simultaneously within us as people, and beyond the material world in a vibrational dimension.

The Records serve as an infinite spiritual resource for personal growth and empowerment. The strategy that I mention above emerges from this profoundly loving dimension—it can be used by anyone, anywhere, but is particularly potent within the Records. It consists of *awareness, acceptance, appreciation,* and *appropriate action.*

This is the four-step protocol that we will employ at each topic we address, to facilitate our desired shift in consciousness. A more detailed explanation of this process for use in personal healing can be found in my book *Healing Through the Akashic Records: Using the Power of Your Sacred Wounds to Discover Your Soul’s Perfection*. For our objectives with this exploration, I offer you this streamlined explanation, which will be more than sufficient for your success.

1. ***Awareness*** is the key—we strive to become aware of what is transpiring, as well as our natural human responses.
2. Next, we aim for ***Acceptance*** of what is, without modification or judgment. This means we acknowledge and allow everything and everyone (including ourselves) to be exactly “as is” in any given moment. We describe, rather than evaluate, our observations; this is significantly more powerful than passing judgment, because we don’t weigh down what we observe with any subjective meaning.
3. Acceptance is followed by ***Appreciation,*** which is founded in recognizing and understanding the positive value of our choices that brought us to this place in our lives. It involves a measure of comprehending our prior selections as befitting at the time they were made.
4. Finally, we arrive at ***Appropriate Action,*** the stage at which

> we seek to take action expressing our Innermost Self in the best way possible.

This process engages inner and outer aspects of transformation, both of which are required to make sustainable change. This protocol can be applied to nearly every situation we encounter, and it enables us to start walking the path of an ExtraOrdinary life.

Our stated quest in the subtitle of this book is to make this shift from ordinary to ExtraOrdinary living, which sets us each upon our soul's path. Together, we will travel this well-defined journey, one segment at a time, examining five Akashic concepts that function as a whole—as a single beam of light, if you will: *Incarnation*, *Authority*, *Discipline*, *Responsibility*, and *Commitment.* We'll gain an early grip not only on the kind of reality where the Akashic Records reside, but also on how these five pillar concepts play out in and transform our lives. And we'll study each one by applying the transformational protocol just described.

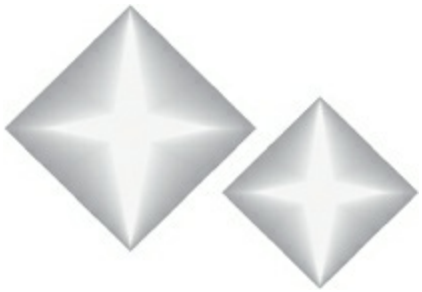
In the end, you will find yourself becoming the person you know you truly are, enjoying an ExtraOrdinary relationship with everyone you meet, conscious of our Oneness and the infinite, eternal spark at the core of every living being.

Along the way, you will encounter some ideas that may sound radical to you, and others that may be more familiar. All I ask is that you keep an open mind and allow yourself the opportunity to experiment. Growing into spiritual wisdom requires practice and experience, so give yourself the permission, time, and space you deserve to test-drive these novel concepts. (And to the extent that some of the terminology I use sounds out of the ordinary to you, please note the definitions in the text, as well as in the Glossary in the back, where I have compiled and clarified the most commonly used terms. Some words are capitalized in the text to distinguish their unique application in this work.)

Remember that you are the one who ultimately determines your truths. In the interest of fairness to yourself, explore with an open mind and a soft heart, and enjoy the journey. Now, join me on this Akashic adventure designed to discover your soul's path!

— Linda Howe

FOREWORD



A few words from one of my star students and certified teachers who has successfully traveled this path from ordinary to ExtraOrdinary …

When I look back several years ago to the beginning of my studies with Linda, I remember how profoundly this experience opened my perception. During the incarnation lesson, examining our understandings about being incarnate (spiritual consciousness in physical form), I did not even know what I felt about the idea of reincarnation, and I still don't know what it will be like after this life … but through that class—experiencing myself in other lifetimes, and a deep sense of familiarity and knowing—I was forever liberated from many subjects that had troubled me for years: existential angst, lack of justice in the world, anxiety about the passage of time, deaths of loved ones, and so on. This secured my trust in the existence of a beyond, and brought true healing.

So many issues started to resolve in my ordinary life. The line between what is ordinary and what is ExtraOrdinary melted away, and I felt genuinely supported by Divine light and energy. So many lines of separation and compartmentalization started to dissolve, and my focus went more and more toward what is luminous, positive, and useful. Whether these experiences were real visions from past lives, a window into the universal collective mind, or my overactive imagination did not matter. The point was my direct

experience of the visions and the insights, and their impact on my energy system, in my level of acceptance, love, peace, and trust. I felt encouraged to trust the Records and tried to stop doubting the information or deciphering and labeling everything at each turn. I learned so much about myself and found out how I had behaved in my life in relationship to authority, discipline, responsibility, and commitment up to that point.

I look at that experience as crossing a threshold into awareness and maturity. Even though I was a mother, wife, friend, and teacher, I had never consciously looked into these subjects in such depth or so intimately. I saw clearly how my issues with authority were interfering with my sense of personal power and my parenting. It became obvious to me where and why I was running away from responsibility, and how I could best embrace discipline and commitment. It is amazing what a difference these insights made in my ordinary life.

The beauty of it was that I did not need to remind myself of what I had learned; they were shifts in energy, letting go of old patterns and preconceptions. The effect was immediate and had staying power. I had always thought that this kind of work was possible only if I could drop out of life for a while and leave to go to India and meditate for months or do peyote in Mexico, and how would I find the right shaman?

In the course that followed, “Balancing the Triangle: Heart, Mind, and Will,” my “before” portrait, the mental image of my relationship to these parts of myself, showed up with a huge *mind*, a *heart* about six inches in diameter, and a *will* about an eighth of an inch across. I can still vividly remember the image I saw back in 2006. I’m not sure if I was even remotely in touch with my feelings, and my will was pretty much nonexistent. I moved through life with the energy of my mind, and faced ferocious resistance from my judgments, which heavily burdened my heart and paralyzed my will. Through this course I became intimate with the workings of my inner Triangle, and moved toward healing and a balance that resulted in a much more dynamic relationship between the three points.

Today, my heart guides, my mind reaches out, and my will is effective. Work in the Records has brought me freedom and trust in the goodness of life, myself, and others. I have found Linda’s Pathway Prayer Process safe and easy. Following the guidelines for success offered by Linda in the class, I have always been able to go in and out of the Records with positive energy and results.

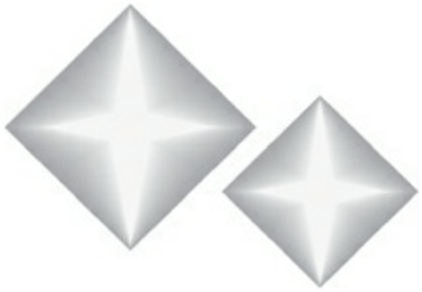
During these years with many of my friends reading the Records, I have realized that each one of us experiences the Records in our own special way. From those who see movies pass in front of their eyes, to those of us who experience it in much subtler ways—such as a sense of knowing, the memory of a forgotten dream, a realization, a feeling, an insight, a word, a color, an image that can be a symbol or hold a meaning for us, sometimes nothing, a different way to ask a question—there are infinite numbers of ways to connect with and read the Records. Just like any language, the more you practice, the larger your understanding of the language becomes and your vocabulary expands. I have found that the best way is to trust your own experience—no matter how vivid or subtle—and do this work with honor and humility and openness.

I invite you to be open to your own experience in the Akashic Records. I hope you enjoy the discoveries and the wisdom and love.

— Homa
Certified Teacher of the Akashic Records

PREFACE

My Path to the Akashic Records



Awareness of the spiritual dimension of life has been my constant companion for as long as I can remember. As a six-year-old, lying in tall grass in the backyard of my midwestern family home, gazing up at passing clouds on a sunny day, I had a distinct sense of a presence and a power beyond my ordinary human self. It never occurred to me that this totally natural yet indescribable something was separate from me. It was obvious to me that it existed both inside and beyond my six-year-old self.

Incidents such as that moment have been a normal, albeit at irregular intervals, part of my human journey. Oddly, growing older directed my attention away from this realm of reality. By the time I graduated from college, the gap between realms was wide and the divide clear. As far as I could tell, the two dimensions—physical and spiritual—were in no way related to each another.

While it is true that most everyone has intermittent glimpses of the spiritual realm, I felt compelled to expand this part-time notion to a full-time quest. Thanks to a persistently nagging inner voice, I was not content compartmentalizing my spiritual awareness from everyday life. Acting on this voice's yearnings resulted in consistently positive and powerful results. And so my challenge was enhancing my awareness, aligning with my soul's purposes, and living in the world while directly expressing those intentions.

Tenacious, I refused to rest until I found a sane, sensible strategy for success: the Akashic Records.

Looking back to connect the dots, I see now that my search had three distinct stages: an odyssey, personal healing, and active participation in the world. I wanted deliberate, responsible, reliable access to the intersecting zone of love, wisdom, and power. This I found in the Akashic Records, the soul-level vibrational treasury of each and every one of us, which is the topic of my first book, *How to Read the Akashic Records*. There, I related the story of my odyssey, from encountering the Akashic Records to sharing this process with others.

The thrilling early years of engaging in the Records yielded positive results, ranging from increasing respect for those with different life struggles, understanding various perspectives and interpretations, and greater patience for the life process. Initially, I sensed that I was being personally embraced with kindness, respect, and acceptance by the universe. That led to a larger appreciation of the safety of life within the universe. I recognized a fundamental presence of all-pervading goodness that remains to this day. A remarkable component of this apprehension is that it was not connected to a particular personality or entity.

This felt sense of secure support empowered me to trust life more, to enjoy more of life's surprises. Fear-driven behavior lost its signature value in defining me. I judged less, I feared less, and I resisted less. I also grew into the awareness that the fabric of this vibrational body (that is, our physical bodies as they exist vibrationally) was serving as the energetic connective tissue between my soul and the Divine, and life in all its expressions. All spiritual values were being cultivated through everyday life! What a joy to have access to a resilient spiritual realm—untainted by dogma, institution, or organization—with the capacity to shine light on the way through ordinary life.

Inevitably, the day arrived when I needed even more depth, altitude, energy, and understanding. Flanked by my father's slow, painful death and my son's challenging childhood, I was prompted to lean on the Records for guidance, direction, and support. There, I discovered an amazingly effective, deceptively simple protocol for personal healing, which I steadfastly applied

with positive results. How wonderful to be relieved of long-standing difficulties, make peace with myself and others, and even glimpse a vision of an inspiring future!

Fully focused on the trial-and-error process of applying guidance gleaned from my Records, and observing the same process in my students, I recognized a surprising change. Somehow, in the midst of experimentation, my attention shifted from the mechanics to my enhanced connection with the Records as an infinite spiritual resource. I found myself newly engaged with my Records, based on a pattern of inquiry, guidance, practical application, observation of consequences, evaluation, and more inquiry. This became the path of healing and transformation as I shifted from old, ineffective coping strategies to new, appropriate habits of thought and behavior.

Significantly, I discovered a habit I had developed using emotional injuries, slights, offenses, and their resulting wounds as weapons against myself, which led to feelings of fundamental unworthiness. My realization became the key unlocking the door of my freedom and healing! A profound protocol for transformation was revealed, and I began practicing it, eventually achieving a change in my perceptions, attitudes, and beliefs, and ultimately liberating me from the limitations of the injuries. The wounds themselves became portals to sacred opportunities to encounter Divine Reality! My second book, *Healing Through the Akashic Records*, described my phase of development: moving from the stage of initiation to adept, from beginner to spiritually mature.

What remained was the central opportunity and challenge of our age: reconciling the spiritual and physical realms. *How can I be aware of the spiritual reality while being fully engaged in the physical world?* I wondered. Not content with either spiritual escapism or denial of the unseen dimension, I forged ahead.

I ventured out into the world with renewed enthusiasm and a deep desire to make a contribution to life. To my dismay, I recognized that my inner compass was set to *avoid* pain, but not calibrated to move *toward* my dreams. At a loss for what to do next, I returned to my Records. One idea at a time, one practice at a time, one exercise at a time, an effective strategy for engaging in the world was revealed to me, yielding tremendous satisfaction

and happiness.

I presented the material to my students for a road test in a variety of formats, observing what worked for them, what was useful, and what made the most difference with the least amount of anguish. Some gathered in groups, meeting monthly. Others opted for independent study. I witnessed students gaining clarity about their current perceptions by letting go of old ideas that had previously inhibited their ability to engage in life.

What an intense learning curve it was! Countless misunderstandings of old spiritual ideas interfered with my ability to consistently interact in the world as I desired. More than once, I appreciated being an infinite soul—as it appeared I would need an eternity to resolve this matter! The more spiritual I considered myself to be, the less I was able to interact with diverse groups of people in a variety of situations. My sensitivities were frequently heightened to a level of physical discomfort, disabling me and driving me into isolation. I recall thinking that surely this was not why I was called to the spiritual path. Still, I moved forward, wrestling with reconciling my spiritual existence with my ordinary life. As powerful, practical approaches were revealed to me in my personal Records, I brought my findings to my students for them to try. The results were simply remarkable!

By doing our personal work, each of us cleaned our inner houses. We took stock of the junk accumulated, tossed out the trash, and determined what notions and beliefs were worthy of keeping and which should be released. While the world itself might be a bit crazy, I discovered that so long as my inner house was clean, the infinite grace residing within me—the mercy, goodwill, joy, and peace—could shine through. I discovered ways to operate in the world as my most authentic self, beginning by releasing archaic concepts that had been interfering with my ability to serve as an agent for the Divine.

I recognized a comprehensive body of wisdom accompanied by practices, procedures, and protocols. I saw newfound insights into our everyday experiences that could result in radical changes in our relationships. We live in physical *and* spiritual worlds and are charged with the challenge of being fully present in both. Our human task is to radiate the light of our souls in the world—that is, to become human homes worthy of the soul's residence in this Earthly plane.

The guidance I received was not what I wanted, nor what I expected. Part of me had hoped for a spoon-feeding of instructions addressing the nitty-

gritty of living with other human beings on the planet. This was not the case. Through a series of revelations—some lofty, others mundane—a cumulative process for personal transformation took form. The outcome was a renewed internal structure providing space for the radiance of the soul. Over the course of a decade, working with my students, repeatedly raising questions about how to maintain spiritual awareness while participating in the world, I brought forth profound images and understandings. The most significant image emerged as I sought counsel in my own Records.

With inner eyes, I sensed five Pillars of Light, set in a circle on a floor, supporting a ceiling. This image reminded me of pictures I had seen of the Parthenon in Athens—but with five pillars, not ten. I was moved by what I saw. As my emotions subsided, I gathered further details about this image. Within the five pillars was a central stream of infinite light—the core pillar surrounded by the five smaller but equally magnificent pillars—and within this infinite light stream floated a Triangle, which I learned was composed of my heart, mind, and will. When in balance, this Triangle serves as an energetic tripod. It holds the ordinary self strong while radiating spiritual light. Clearly, the structure supports the synthesis of human and spiritual, while the light accomplishes the transformation. Aware of how crucial it was to maintain the equilibrium of the scaffolding, I recognized my responsibility to clear away old ideas and select appropriate understandings.

What a relief! This awareness freed me from trying to manifest change and alter or improve myself, or anyone else. I could see that with a clean inner house (understanding the activities of life as my soul's opportunities, and aided by a relatively balanced heart, mind, and will), I could relax and let the light do the work. With a stable and aligned inner organization, I could be mortal and just allow the light to be, freeing me from what no longer served me and bringing me exactly what I needed to manifest my destiny. Absolutely amazing!

For a decade, I followed the path of this *five-pointed Star* and *Inner Triangle*. My first excursion through this energetic structure sustained me through the years of my father's illness and eventual death and my son's early childhood, rife with bullies and life's inequities. Even today, I employ the practices and protocols as I find myself sandwiched between my mother's decline and my son's challenging teenage years. These processes, which I will describe in the forthcoming chapters, have proven remarkably powerful and have enabled me to progress through my mundane human experiences

while recognizing them as sacred opportunities for encountering the Divine Reality.

This book that you hold in your hands was the answer to my personal challenge of wanting to honor and respect my sensitivity and spiritual awareness, all the while participating in a fully human life in the world. Wonderfully, I discovered that I did not need to escape to an ashram, monastery, or mountaintop, but rather I could engage in all the elements of my human journey, including an intimate 30-year relationship with my spouse; raising a child; and relating as sibling, daughter, neighbor, and taxpayer. I found a way to use every one of these positions on the game board of life as a portal to greater spiritual awareness and ordinary human joy. Since this method has served *me* so well, I know it will do the same for you also.

Trust me—if I can do this, then you can, too! Application of these spiritual principles is actually quite simple—not easy, but definitely simple. While the ideas may seem overwhelming at first, they are not difficult if approached singularly. I encourage you to take this one step, one practice, one meditation at a time.

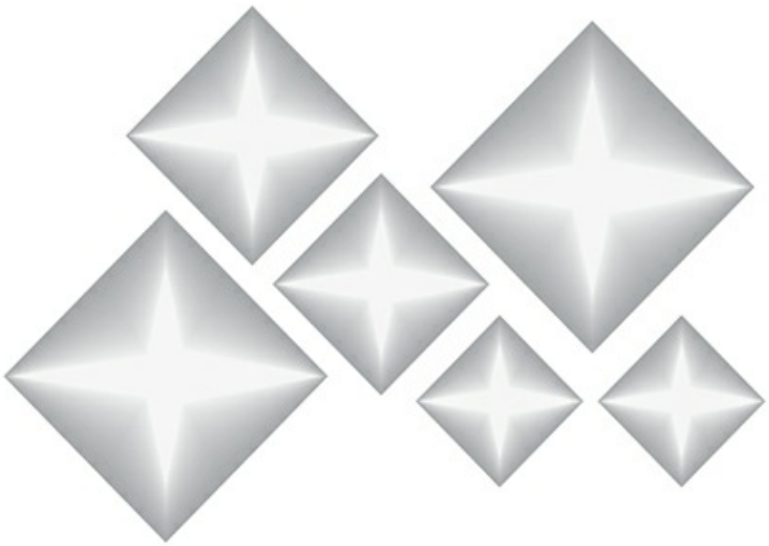
I will explain every step of the way, starting with Part I, "Akashic Basics," which introduces you to reading your own Akashic Records. After mastering the basics, we will move on to Part II, "The Five Pillars of Consciousness," which provides the essential understandings for each Pillar of Light. We will then conclude with Part III, "The Central Pillar," for a close look at the central stream of infinite light and Inner Triangle.

Along the way, Akashic Reflections (guided meditations) deepen your understanding of these concepts; they are identifiable by headings within each chapter and are also all gathered together in the Appendix so that you can easily locate and review them as many times as you like. These reflections throughout the book can be practiced alone or with a group. If practicing alone, be sure to take the time you need to pause as you go along. A new paragraph signals a shift in attention, so it is especially valuable to give yourself time between paragraphs to fully reflect on the material. You may record yourself reading the meditations and listen back, or you may choose to read along. Either way is fine.

Together, we can excavate, renovate, and harmonize your inner structure so that you can move through the world as the person you know you are in your "heart of hearts"—compassionate, appreciative, and effective in ways most meaningful to you. Friend, I welcome you to the doorway to discovering your soul's path, shifting into your ExtraOrdinary life! *Onward!*

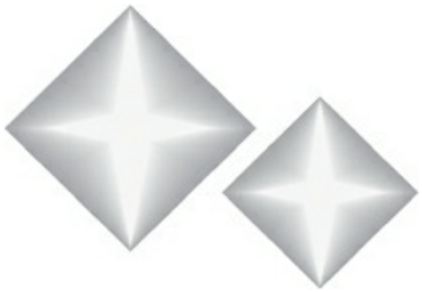
PART I

AKASHIC BASICS



Part I

INTRODUCTION



As human beings, we experience two different realms: the world of the physical, and the spiritual domain. For a long while, my personal dilemma was how to honor one zone without intruding upon or limiting the other. After consistent engagement with the process I am about to share with you, a deeper, more inspiring truth became evident to me. My thinking transformed when I entertained this question: *How can I participate in my ordinary existence—take this Earthly trek—and also open a portal through which I can consciously encounter my Divine Reality?*

For me, this has been the most engaging and baffling of all life's questions, and I believe it is the question of our age. But this is not a simple reconciliation process between seemingly divergent terrains, physical and spiritual. Rather, it is a fusion of these two dimensions so as to form a seamless union, and thereby establish a new possibility: the realization that we are one with All That Is.

Before we embark on our quest together with a goal of transforming your ordinary life into an *ExtraOrdinary* life—that is, one that's blessed with the quality of aliveness, where your spiritual and worldly lives are seamlessly fused—allow me to map the terrain that lies ahead of us. The aim of this book is to outline an effective and efficient strategy for personal transformation focusing on an essential shift in both awareness and experience—from ordinary to ExtraOrdinary. This powerful internal shift will support an even greater goal: to lead a consciously soul-led life in which

you are awake, aware, and aligned with your soul's purposes, all as you navigate this human journey.

Expressing the authentic truth of our Innermost Self in everyday life is a compelling desire of awakening people worldwide. Our Innermost Self is the part of us that is aware of its Divinity; it is our soul self. The special occasion of our age is to liberate our souls' light and to radiate it through our humanity, beyond ourselves, and out into the world.

This is not just a lovely notion or an updated structure for our *internal* reality. This "special occasion," as I call it, is bound to become our new standard for living! With our inner structure appropriately aligned, we can stand as individual points of radiant and magnetic light. In this way, the light of our souls can shine through unobstructed, simultaneously drawing to us, via its natural magnetism, all that we require to manifest our destiny in this life, as the people we are.

Simply put, this means being true to yourself in the world, honoring your values through productive action, and allowing infinite spiritual light to shine through you to all you encounter! While this goal is admittedly a lofty one, the process for achieving it is direct and tangible. We will begin by directing your attention within to consider the structure of your internal reality that I call the five Pillars of Consciousness, or the five Pillars of Light.

The Five Pillars of Light: The Basics

While Part II goes into greater detail about each pillar, it's essential here to understand the basics of the structure. The pillars are concepts expressed in terms of light vibrations. As such, this is a level of meaning far deeper than words. Each concept is identified by a precise vibration of light, and each embodies a distinct variation on the theme of light. Yet the entire body of light also operates as a unit, comparable to white light shining through a prism. Your interpretation of these five concepts determines the quality of your functioning in the world.

These five pillars surround a central pillar of grace—a stream of infinite light—where your Triangle of heart, mind, and will resides. The Triangle finds anchor within the vibratory rhythms of that light. We will not explore this central pillar until Part III, but I want you to have a glimpse of the whole

picture right now. The central pillar is anchored at the root of your body; it extends out through the crown of your head. The surrounding pillars rest in the pelvic floor, extending through the trunk of the body up through the ceiling of the heart center.

When viewed from above, these beams of light form a magnificent five-pointed Star, with light emanating from the central pillar and the five distinct points. This Star bears the weight of your dense human self and thereby allows the light of the soul (emanating from the core pillar) to shine. Aided by these Pillars of Consciousness, your Innermost Self maneuvers through you and into life, so that life itself meets you at your most intimate level. By allowing the light of your soul to travel through and beyond your personal identity, you can touch the light radiating from others. Together, we connect as points of light within a greater field of light. The result is an ExtraOrdinary expression of energy and love in the world!

Divinely arranged, this five-pointed Star literally upholds you, allowing you to move through the everyday world with the light of your soul shining and the ability to receive the gifts of life. The Star exists; there is no need to "create" anything. Your role is simply to maintain the structure, which you can do by living in harmony with these five concepts expressed by the Star (the five Pillars of Consciousness): *Incarnation*, *Authority*, *Discipline*, *Responsibility*, and *Commitment.*

Each pillar stands unto itself yet also operates in relation to all the other pillars. In Part II, we will survey each of the pillars and examine your perceptions of each concept, for the purpose of relinquishing old ideas that no longer serve you. (And, if you need further clarification along the way, you are of course welcome to consult the Glossary of Terms.)

"The Renovation Project"

Clearing away outmoded understandings opens us to new, supportive, and empowering interpretations. The task we are given is to systematically address one pillar (consciousness concept) at a time, to identify old ideas within each realm, to let go of debilitating interpretations, and then to recognize and select appropriate, empowering perceptions. I find it helpful to think of this exploration as a renovation project. We must first clean house

and then make upgrades and necessary adjustments so that each pillar can fully function and uphold us as we participate in life.

When our interpretations of these five concepts are congruent with our present identity, then the pillars are supportive. However, when our thoughts and feelings of these concepts are burdened by old ideas, then the light of the pillars is obstructed. It is as if barnacles were attached to the surface, interfering with the emanating rays of light. This can happen especially in times of accelerated change, when we are too busy for ongoing reflection and discernment and forget to make conscious choices. When we remain stuck on outdated perceptions, the light of our souls is dimmed.

In truth, the light can never be corrupted, but it can be blocked. That is, our ability to draw to ourselves what we need is diminished. Unaware of the beautiful truth of who we are, we are often misunderstood. And we find ourselves surrounded by people, things, and experiences with which we feel little connection and no resonance.

Although our internal renovation is important and worthy of our attention, it will not be terrifying or traumatic. And, I promise, your efforts will yield rich results! The beauty and joy of this progression is that the focus of this exploration is on the spiritual nature of each of these concepts and its connection to the material dimensions. We will strive to restore each individual pillar to its full, luminous potential and harmonious rapport with the group.

Willingness to take responsibility for our beliefs is a primary characteristic of spiritual maturity. Together, we walk this path surveying the ideas that govern our perceptions, as well as the consequences of holding these beliefs in our everyday affairs. Only then can we thoughtfully select interpretations aligning with our souls' purposes, empowering us to live lives rich with meaning.

One of the great spiritual principles at work in this renovation process is this: As we provide for the light through our humanity, the light also provides for us. By maintaining an inner home for the light to shine through, the light simultaneously draws to us all that is required to satisfy our souls' yearnings. We receive all that is necessary to realize our souls' purposes and intentions in this incarnation. The light cannot help but bring us good!

Because this process was revealed to me through my personal work in my own Akashic Records using the Pathway Prayer Process to Access the Heart of the Akashic Records©, we will be using it to transform your ordinary life

into an ExtraOrdinary life. The Pathway Prayer Process establishes an energetic zone within which you can mine your interior reality. This inner landscape is filled with infinite kindness, respect, and positive possibility.

Your growth is not magically done "to" you by the Akashic Records. Rather, the dimension of the Records activates this transformation. Learning how to read your own Records facilitates personal healing. This work emerged through the Records, and the Akasha—the dimension of All That Is—is its home, so I highly recommend using them for this process.

As we explore the dual challenge of being spiritually awake, aware, and aligned with your soul's purposes while also being engaged and effective in the physical, material world, I'll let you know what to expect. I will prompt you with probative questions and share Akashic Reflections, meditations designed to support your personal growth through each part of this journey. At every turn, I will be with you.

Despite what impression they may initially give, the pillars are not at all intimidating but inviting and protective, and, in actuality, the renovation itself is quite pleasurable. In fact, prior to doing this work myself, the very words *incarnation*, *authority*, *discipline*, *responsibility*, and *commitment* left me cold—however, through the process we are about to activate, I discovered their loving intentions.

The challenge for me turned out to be not the concepts themselves but, rather, recognizing my old, limiting perceptions that were holding me back and keeping me stuck. By deliberately selecting more appropriate understandings resonant with my soul, I came to appreciate these five concepts and realize that they were fundamental to living a meaningful, productive life. Allow me to explain.

Walking in the World

In my very ordinary life experience, simply addressing each of these five concepts has facilitated the revelation of my Innermost Self. Using the process outlined in this book, I learned that every part of my life is absolutely ideal for transmitting and demonstrating my soul's purposes, not only for my personal healing and awakening to the essential goodness in all, but even beyond that—to a realm that far surpasses personal bliss! Awesomely, life

has responded with magnificent blessings perfectly customized to meet my needs at every turn, and each Pillar of Consciousness has blossomed in my daily life.

For instance, making peace with being incarnate resulted in embracing simple joys of the body I am in, through pursuits such as biking, ice-skating, and line dancing. Recognizing the distinction between punishment and discipline empowers me to let myself be supported by going to bed early for a good night's sleep so that I have the energy to act on my dreams in the coming day. Appreciating the personal transformational value of responsibility relieves me of childish resentments and allows more love to flow through me. My experience of the everyday elements of living has become imbued with grace and joy! I have come to understand that the journey itself is sacred, and that I don't have to wait to see my hoped-for destinations be fulfilled.

My discovery moves beyond the familiar "as within, so without" spiritual principle. Yes, the life surrounding us is a direct expression of our thoughts, feelings, and beliefs—in fact, the manifestation of the sum of our consciousness. But here's the next step: As we gain clarity about our souls' purposes and intentions, we next become curious about delivering these gifts to the world. This is precisely the path we will take in this book, to prepare each pillar and uncover instruments for practical realization of walking in the world.

When starting my own journey, I knew that my perceptions and beliefs were causing unnecessary complications in my everyday functioning, and that I did not have a suitable framework for untangling my confusion. Issues that arose in my life in connecting with the larger world—be they neighbors, school districts, sports, social activities, or jobs—could all be boiled down to my simply feeling unloved and unworthy. I decided that this was a good starting place to begin the unraveling, but it was insufficient for resolving my confusion. There had to be a better way to uncover my general beliefs of inadequacy, a more specific healing that would bring complete liberation.

After moving through the five concepts of the Star, I realized that these five areas were the perfect backdrop for checking in as difficulties arose. By making adjustments, letting go of the old, and embracing new beliefs (all of which I delve into in the coming chapters), I noticed my challenges becoming more manageable. The progression I share with you here gave me a simple structure for unearthing the specific beliefs that were at the root of my

problems.

Even today as I write these words, I am aware that stressful situations afford me more opportunities to explore the concepts. By taking a look at each of the five concepts—simply checking in at each point of the Star—I notice that the way I hold myself, my energetic posture, improves. The Innermost Self comes forward, and I am able to operate more fully and with greater satisfaction simply because my connection with life is soul-centered.

In the case of my mother's terminal illness, or even something as ordinary as feeling tired, I see incarnation issues. Sometimes in my dealings, I wonder, *Is it authority? Am I in harmony with my own inner authority? What is the state of outer authority?* When I find myself railing against doctors or the nursing-home staff, I get curious about discipline. *Am I building habits to support myself through discipline? Am I meditating? Have I worked out this week? Am I caught up in responsibilities of others? Am I honoring my own responsibilities? What is the state of my commitment level? Are my activities empowering me or draining my energy?*

I discovered that the tiny details and passing moments of human living are all part of a grand design to experience the Divine Presence. I appreciated the fundamental truth that every physical form holds the potential for direct contact with the Divine. Crucial to my growth was that I no longer felt at odds with ordinary life. It had seemed like an either/or proposition—spiritual or human, extraordinary or ordinary. Of course, we are both spiritual and human, with a capacity for engaging in both extraordinary and ordinary realms of experience—what I dub a truly *ExtraOrdinary* life.

As my understanding of that deepened, I had to learn how to perceive ordinary life in the world as imbued with Divine life. When viewed this way, the workout center, I came to see, is a spiritual place. Public schools are Divine doorways, not to mention nursing homes, grocery stores, high school sporting events, the annual block party, fast-food chains, and even the dry cleaners. I certainly grew into living an ExtraOrdinary life in this ordinary body!

Approaching This Material for the First Time

Your success with this process is important to me. By *success,* I mean an

alternative view of accomplishment, such as in shifting from one point of view to another. But this shifting is not to be measured externally. You are the only one who can determine whether or not this work is beneficial. Having accompanied thousands of students through this material, I am simply offering suggested strategies to support you in achieving your own personal goals.

Each of us is entitled to use a system of spiritual discipline that best supports our growth. It is our personal responsibility to make that individual determination. In my decades of teaching the Akashic Records, I have instructed many who were powerfully experienced in a variety of other methods. This book, like my in-person and online classes, is designed to benefit seekers who are open-minded as they pursue guidance in the terrain of the Akasha. For decades now, I have found this framework to be ideal, and I hope it is a beneficial gateway for you, too.

To begin, I suggest reading this book in its entirety before diving into the Akashic Reflections practices. Reading through will give you a sense of the entire process and what is available to you as you make this journey. Just as you are a whole human being, your ExtraOrdinary life presents a whole process. As you read through initially, pay attention to what clicks for you, what catches your eye, and what really resonates with you. Notice what makes sense as well as what does not. Some of the material may seem familiar, and other parts may feel totally foreign. There may be segments that you have completed; some of this may strike you as inner work you already mastered in another lifetime. Congratulations! Simply notice this and allow your own unique experience to be as it is.

Our personal odysseys are alive, unfolding, and nonlinear. Every encounter we have with material like this is unique to where we are on our personal journey. Our responses depend upon our present state of awareness. At times we may find one issue compelling, and at other times that issue is unimportant while a completely different issue meets us where we are. I invite you to be open to wherever you are in this process. I know from my own experience that every time I read this or work through an Akashic Reflection, it seems different.

Reading through this book, you are likely to notice an energetic progression. Each topic builds upon the previous one; and as they build, they synthesize, harmonize, complement, and join forces. By the end, you will find yourself in the heart of one fused unit: awake, alive, aware, and engaged.

And so, on your first read-through, take each chapter in the order presented. Give yourself ample time to digest each section. Use a notebook to track your progress and discoveries. Describe your experiences. Describe your confusion. Describe all your findings, to the best of your ability. Using a journal in this way connects energy and words; energy moves on the formed word. So, as you describe what it seems like you are experiencing, notice how the energies shift, allowing deeper truths to become evident.

In any event, refrain from putting yourself under unnecessary pressure or forcing answers or conclusions. Just make notes for now, delaying review for a week or more. Then, with fresh eyes, look again. Often, when we are in a slightly altered state, our perceptions seem so obvious as to appear inconsequential. Later, with a bit of distance and greater clarity, we see gems of awareness.

After traveling through the work once, apply another approach. Perhaps, when feeling stressed or challenged by your everyday life, scan the topics and see what appeals to you in those moments. Choose to engage that particular chapter while having that experience. Now, ask yourself what you noticed. Describe it in your journal. Honor your intuition and engage the material as you feel led. This is a wonderful way to proceed. Experiment with other methods to address this work. The possibilities are limitless!

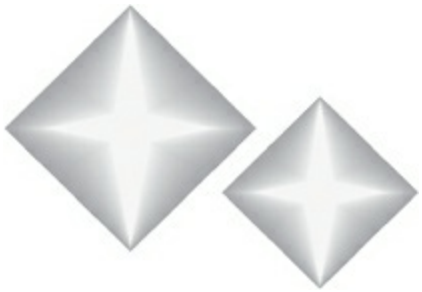
I am not the first to notice that as humans, we are always in a process of exploration, growth, and change. Change is the only constant. As long as we are here on planet Earth, we will have plenty of issues to examine, loads of opportunities to partake in, all leading us to further experiences and increased awareness of love and light. Those who run out of inner work are simply no longer walking around in bodies on this planet. Know that the process is always under way. Wherever you are on your journey, the processes presented here can be useful for empowering your shift into ExtraOrdinary living. This work is inexhaustible! Trust me—I’ve been using it for two decades and am nowhere near ready to put it down yet.

We all contain the five-pointed Star organizing our interior reality, and once we make this journey together, it will become a part of you forever and will continue to support your ongoing growth and empowerment. Join me now as we venture into the richest part of our being—our interior realms.

Let’s begin the process of learning how to work in the Akashic Records, which you will find pleasantly easy. Onward!

CHAPTER ONE

HOW TO READ YOUR OWN AKASHIC RECORDS



Discovering your soul's path is a spiritual aspiration best explored through a spiritual resource. I like to think of the Akashic Records as the energetic connective tissue emanating from my soul to the Source, in concert with all others who are dedicated to this same journey. It makes good sense to employ the specific method of the Pathway Prayer Process, as it is harmoniously congruent with this objective. The Prayer takes you into the Heart of the Akashic realm. As you proceed, initially glimpsing your soul path, the Prayer itself nurtures your ability to identify and embrace your journey, amplifying and accelerating your expanding awareness.

It's time to learn how to read your own Akashic Records, to use as your spiritual resource in discovering your soul's path. As I mentioned in the Preface, this transformational strategy was revealed to me through my own Akashic Records and subsequently refined through both my own experiences and those of my students. These successes are my primary motivation for encouraging you to access your Records. Learning to read your own Akashic Records for personal empowerment is a worthy endeavor, not only as the foundation of the spirit of this work, but also as a reservoir of wisdom including principles and practices we are about to explore.

Knowing about what the Akashic Records are, their practical usefulness, what they contain, and how the information is communicated, as well as the

method of entering and exiting this dimension of consciousness, will support your progress. Know that this is not a full course in Akashic studies, with complex explanations of the functioning of the Records and its many components and potentials. Rather, I have custom-tailored this work for you to facilitate the shift we seek: moving from living an ordinary life to enjoying an ExtraOrdinary life. Not to worry—I will provide all necessary background information, recommended guidelines, and specific instructions for engaging in this realm as directly and clearly as possible.

Whether this is your first exposure to the Records or you are a seasoned practitioner, give this chapter a read. Every level of skill you develop affects your perceptions. If you are a mature Akashic Records practitioner, your comprehension of this chapter will be different from that of the person being introduced to it for the first time. No matter where you stand on the continuum, from total newcomer to sophisticated consultant, I invite you to open up to your next stage of knowledge about the Records.

When I first began working in the Records in 1994, I knew it to be an infinite spiritual resource and caught a glimpse of what "infinite" implied. More than 20 years later, I am continually awestruck as I realize and experience more deeply that the Records are truly limitless, always opening up and expanding. Just when I think I have found the edge, another dimension comes into focus.

If you are completely brand-new to this work and may be entertaining doubts about whether you can do this, let me say this: *Relax.* We live in a merciful universe designed for our happiness and well-being. You were drawn to this work because you *can* do it. Somewhere, deep inside of you, lives a connection with the Records and a compelling desire for a more conscious relationship with your own soul, coupled with a knowing that your destiny is to live an ExtraOrdinary life. The fact that you have picked up this book is sufficient evidence that you can succeed.

Let yourself be a beginner. Relinquish ideas about how you think this "should" be and allow "what is" to come forward. I am confident that you have the ability to learn this work, just as thousands of my students have before you. Know that I will be guiding you every step along the way to enrich your conscious connection with your soul, facilitating your transformation through your own Akashic Records. Let's dive in!

What Are the Akashic Records?

The Akashic Records are a soul-level dimension of consciousness serving as a vibrational archive of every soul and its journey here on Earth. Each set of Records has two main components: one permanent, the other evolving. The permanent part is the blueprint of the soul, the essential and eternal impression of a soul that is the Divine ideal for that individual. Corresponding to the soul blueprint is the evolving part, the catalog of lifetimes lived on Earth through which a person becomes aware of his or her soul identity, awakens to his or her Innermost Self (that part fully conscious of its Divine lineage), and lives an aligned life expressing this truth. Countless incarnations are required to achieve this magnificent realization and manifestation—knowing the truth of our goodness in any and all circumstances, followed by recognizing the same truth for all others.

Innumerable dimensions of consciousness exist, including the dream state, the memory realm, and the soul domain, all of which are inherent in our being. Our Records are a natural but unseen element of our constitution, much like other invisible aspects such as our personality.

Since we all have a soul, we are entitled to a more conscious connection with this inner realm. It is quite common for people beginning to deliberately engage in their Records to report their surprise at how familiar the Records feel, as well as a sense that they have previously encountered this realm before, to which I reply, "Yes, of course—these are *your* Records!"

This is a natural part of you, existing both within and beyond your known self. Most simply, you are cultivating a way of knowing your soul deliberately and directly, with all accompanying blessings. Remember, it is your right of birth, especially at this time in history (which I'll speak about in the coming pages), to be awake, aware, aligned, and active in expressing your Innermost Self.

The Akasha: Principles, Possibilities, and Primary Concerns

Akasha is a Sanskrit word meaning "primary substance," identifying the invisible ingredient making up the Records. This Akasha is the presence of life itself before we impact it with our thoughts and feelings; it is the raw material of the life force, characterized by essential qualities of aliveness such

as vitality, openness, expansion, and expression.

Three principles, or Absolutes, govern this Akashic realm—*Judge Not, Fear Not,* and *Resist Not*—and they cooperate to ensure that the spirit of the Records remains compassionate, respectful, and dignified. The atmosphere of the Akasha is remarkably accepting, embracing, and inclusive, providing a sanctuary for its many active human agents.

Recognizable as a space wherein perfectly imperfect humans experience being fully known and completely appreciated, the Akasha is the ideal realm for self-reflection. Its kind and respectful culture makes it easier to admit our frailties, inadequacies, and mistakes, knowing that condemnation and ridicule are not present in this domain. As a convergence zone of universal wisdom, compassion, and energy, the Akashic Records are quite logically to be used as a spiritual resource for personal growth and empowerment.

All past, present, and future possibilities are contained within the Records, and they are accessible through the present, as needed, to further awakening awareness. The prospect of encountering everything we have ever experienced in all our prior incarnations, along with endless imaginable options for our future, as well as complex likelihoods for our current life, can overwhelm our mortal minds. What we need comes to us through the present moment. Actually, our current life challenges, especially the human nitty-gritty of our health, relationships, work, money, creativity, and family, are the prompts fueling our direct contact with this multidimensional domain. Although everything is held within the Records, not everything is always available to us. There are many good reasons for this.

We are invited to use the Records as a spiritual resource for expressing our truth in everyday living. What is helpful is what we can recognize, identify, and implement at this point in our human experience. Of course, as finite humans, we cannot implement *everything*. There is no sound reason to give me anything that I do not understand or need. It would be wasted. (The same for hidden scientific knowledge, for me—revealing this would be totally wasted on me. Better it be shared with someone who can make good use of it!) The governing idea behind this access is that what is available to any individual is what supports them personally.

Another consideration of immense gravity is the mystery of life. There is great opportunity for human beings when they do not know everything. That is a condition ideal for developing faith and trust in life, and for having a human life experience so well-rounded that it includes surprise and the full-

ranging spectrum of the unexpected.

The Records are available to us finite beings so we can cultivate our awareness of infinite light in any and all conditions. They are not there to provide quick information for managing our affairs or for skillfully avoiding the essential lessons and growth experiences of life. What is always available is precisely whatever we need to take the next appropriate step on our personal journey. Our next step—be it a new insight or action—is within our reach at any given moment.

Many other oracles are better suited for divination, or forecasting the future: Clairvoyance, astrology, and tarot are excellent for detecting what lies ahead. To distinguish, the primary concerns of the Records are:

- Who you are,
- Who you know yourself to be, and
- Who you are becoming.

Exploration in the Records is most useful when it centers upon clearing away obstructions to your goodness and enhancing your interior structure so that the flawless light of your soul may shine freely. Psychic abilities are not necessary to access the Records, and your success there is no indication of your spiritual maturity. Your intuition is held within the Records and will develop at its own rate, without undue pressure. This is a space existing both within and beyond your personal self where you can safely examine your motives, actions, and consequences within the benevolent light of your soul, which gently guides you to align with the Divine ideal for who you are so that you can act harmoniously with that ideal.

The Akashic Records in History … and Today

While the Akashic Records have always been available, until recently they were accessible only by saints, mystics, scholars, and those with advanced spiritual awareness. This was exactly as it should be. The rest of us were not yet personally ready for the profound impact of the Akasha. The single most important consequence of encountering the Akashic Realm is that of grasping our fundamental goodness. That is a concept antithetical to traditional

religions and cultures worldwide. Their perceptions served valuable purposes, representing our long-held self-assessment. But we grew into personal responsibility and spiritual maturity through direct experiences of unconditional love. As we did, these perspectives became irrelevant.

Rest assured that we humans are on the right track. Primary to our souls' journey through countless human incarnations is to awaken to the infinite light within, our immutable goodness and unconditional love for self and others. Humanity is growing into this expanded awareness, one individual soul at a time. At this time in history, we are sufficiently developed to enter into heightened states of awareness and attain greater altitudes of consciousness, while at the same time acting as contributing citizens of the world. Eventually, we will be able to accommodate this magnificent vibration and maintain balance. Brilliant but imbalanced light is not helpful for anyone.

In the past 75 years, there have been dramatic changes in the accessibility of the Records and their practical use. Most significant are the shifts from "unconscious" to "conscious" access and from exclusivity to everyday people engaging in a relationship with the Records. In the first half of the 20th century, Edgar Cayce (1877–1945), known as the "sleeping prophet," popularized the Akashic Records as a resource for healing. His beautiful work brought us volumes of information, which were remarkably helpful, and remain so to this day. The abundant transmissions imparted to him occurred while he was unconscious, as had been the custom. Today's work, while inspired by the genius of Cayce, occurs when we are fully conscious. Accelerating times and exponential growth in the area of consciousness development facilitated this change, enabling us to be fully conscious and awake while engaging in the Records.

Clearly, this is a wonderful time to learn how to read your Records. You are able to have direct conscious connection with the light of your soul, unencumbered by religions, organizations, dogmas, or institutions. You can do this work by yourself, for yourself.

Now, everyday people with a sincere desire to connect with the Records can! Amazing! We can do so while fully present to our own experience with sufficient maturity to determine the value and use of our understandings. We no longer have to rely upon people in altered states outside ourselves to divine our own truths.

When Edgar Cayce introduced the Akashic Records to the Western world in the mid-20th century, people who made connections with the Akasha were

in an unconscious trance, similar to trance channeling. This actually propagated the idea that only select individuals deserved to connect with the Akashic realm. The years that followed saw the tectonic shift from unconscious to conscious and the parallel change from exclusivity to inclusivity of all human agents of the Akasha. Without doubt, that has been the most significant transition for humanity in relationship with the Records.

Now, let's look at the recommended guidelines, a combination of directives from my own work in the Records and suggestions from my original Akashic teacher in 1994. Following these guidelines safeguards your practice and supports productive, reliable work in the Records. We will also examine the particular means of access we will use—the Pathway Prayer Process to Access the Heart of the Akashic Records—and explore how the Records are organized, and then we will go into the actual "how to's" and "what to expect."

Recommended Guidelines for Working in the Records

Mining the Akashic Records can yield rich results that will not only support your growth and development in an atmosphere of eminent kindness and respect, but also assist in expanding perceptions of your difficulties and providing inspiring visions of the future. Having taught thousands of people how to do this, I have observed that those who actively honor the recommended guidelines consistently draw forth more positive, productive direction and valuable outcomes.

Working in the Records is a spiritual discipline and, as with any other type of discipline, following certain protocols leads to greater success. Adherence to these guidelines will make it easier for you to trust the findings of your search, knowing that a supportive structure is in place, providing the flow of Akashic wisdom.

Guideline 1: Do not consume drugs or alcohol within 24 hours of opening the Records. The energy of the Akashic Records is very quick—

think of the speed of light. Recreational substances weaken the boundary of your energy field, making it extremely difficult to manage surging energies and information. Imagine standing in the middle of river rapids after going without sleep for 48 hours! Sure, it may be survivable, but this scenario is far from optimal! For best results, wait at least 24 hours before opening the Records.

Guideline 2: Use your current legal name when opening the Records. Your legal name today, whether it is the same as or different from your birth name, is the name you should use. Your legal name is the one appearing on your driver's license, passport, tax return, and other legal documents. The issue here is vibration: Every name has a vibrational identity.

Once a name is made legal, it is established on the Earth plane as the path of realization of the soul. Changing a name changes the path of discovery; potentials and probabilities are linked to a legal name. If you don't like your name, or feel it doesn't fit you, consider making a change. Until then, use the legal name that is yours today.

Guideline 3: Be responsible for your time in the Records. The first area of responsibility involves taking note of how much time you intend to spend with your Records at any given opportunity. Being responsible in this way supports cultivating depth and richness in your relationship with the Records.

As a beginner, you'll find it helpful to take time to acclimate to the Akashic atmosphere. Keeping the Records open for at least ten minutes at a time will allow this acclimation. Working in the Records is a lot like building new muscles. You always possess the "muscle" of the Records, but you may be in the early stages of learning how to use it. Make note of how long you plan to stay in the Records, and when the time has elapsed, close them. You can always go back later. Clear boundaries support the flow of great power in spiritual practices as well as in everyday life; use them to gain mastery.

When you start to work in the Records, 15 or 20 minutes may feel like a long time. That is totally appropriate. There's no reason to keep the Records open if they seem to be fading; 30 powerful minutes are better than 60 lame ones. Pay attention to your current level of ability, and honor your own pace.

Devote your time in the Records solely to them. It is usually not helpful to multitask or to attempt to use the Records to augment some other activity, particularly at first. There is no evidence, for example, that opening the

Records before bedtime will result in more productive dreams. In fact, the opposite is true, because your attention will be divided.

Be singularly focused when dealing with altered states of consciousness. People sometimes open the Records and go to their jobs, hoping to gain insight into what's going on there. This, too, detracts from both experiences. Absolutely do not drive with open Records, as traffic and the meditative state of the Records are a bad combination.

After you have practiced being in your Akashic Records for some time, you may experiment with combining the Records with other spiritual activities. Some successfully do feng shui sessions while in the Records, for example; others examine their astrological charts. Just be sure you are familiar with what the Records are and how they work within you first. With a clear sense of their energy—for most people, this is after at least 30 days—you can proceed with some exploration.

Guideline 4: Ground yourself after each reading. This simple suggestion can make a world of difference. Opening and closing the Records involves moving from one state of consciousness to another, shifting from a regular, everyday state of awareness to a highly sensitized state and then back to normal. Feeling spacey or disoriented from this transitioning is expected, but easily remedied by performing some grounding action. Have a drink of water, step outside for some fresh air, water the plants, or stretch and touch your toes; engage in any activity that reminds you that you do indeed have a body and are a normal person living a regular life as a resident of planet Earth.

Guideline 5: When combining work in the Akashic Records with any other spiritual practice, always honor both. Simply stated, if the guidelines and procedures for a particular system conflict with those for the Records, do not use them at the same time. For example, if another spiritual practice involves ingesting a hallucinogenic substance, do not work in the Records while you are under its influence. One path at a time is sufficient in itself, and it is not helpful to either practice if both cannot be honored.

The Pathway Prayer Process to Access the Heart of the Akashic Records©

People access the Records in a variety of ways: through hypnosis, Reiki, and any number of spiritual avenues. At the perfect time in your evolution, you will be attracted to a method resonant with your constitution, providing the means by which you enter into a more conscious relationship with your own soul. I have found the pathway I offer here to be exceptionally effective for many people, and the fact that you have arrived at this point in the chapter offers a clue that the Akasha has great possibilities for you, too.

With this means of access, we are working within the Sacred Prayer tradition. In this tradition, we use a prayer composed of specific words configured in stanzas with a certain rhythm. When we say the prayer, two processes occur simultaneously.

First, we move from one state of consciousness into another, from our regular level of awareness into a receptive, sensitized state of heightened perception. From this altitude, we can register the impressions of the Akasha. Receptivity is a powerful spiritual posture, indicating openness to receiving, a willingness to grow.

The second process occurring is the delivery of a particular set of Records for consideration. This is done through the use of the legal name. Examining one set of Records at a time keeps clear distinctions so we always know where we are and what is available. Our goal is to be fully conscious and responsible in this work. Knowing what we derive from a specific set of Records is a critical component to achieve this goal.

We will be using the Sacred Prayer that is called the Pathway Prayer Process to Access the Heart of the Akashic Records. This prayer came to me in 2001 after I had worked in the Records for seven years, developed a rich and meaningful relationship with the Records, and taught others for five years. The amazing blessing of this prayer is that it has empowered me and countless others to move into the very Heart of the Akasha and to mine this realm at its most powerful location. Most remarkable about this access is that it facilitates integrating the heart, mind, and will so we can operate in both the Records and the world as fully synthesized beings.

How to Use the Pathway Prayer Process

Let’s proceed to learn how to use the Pathway Prayer Process, employing

it to gain entry into this sacred realm and examining its composition to support our understanding of what is actually happening in ordinary terms.

There are two main parts to the prayer: the Opening Prayer and the Closing Prayer. The Opening Prayer comprises three stanzas (lines numbered 1–11), whereas the lines of the Closing Prayer are not numbered. Both sections of this Prayer are required to formally and effectively open and close the Records. Entering into this soul-level dimension of the Akasha is aided by the Opening Prayer, while the Closing Prayer assists the return trip to everyday awareness.

To open your Akashic Records, follow these three steps:

- Say ***lines 1 through 10*** of the Opening Prayer aloud, inserting "myself" or "me" as appropriate where the words are in italics (lines 8–10).
- Repeat ***lines 8 through 10*** silently two more times, this time inserting your current legal name where the italics appear.
- Announce the opening of the Records by saying ***line 11*** aloud.

Opening Prayer

1. And so we do acknowledge the Forces of Light
2. Asking for guidance, direction, and courage to know the Truth
3. As it is revealed for our highest good and the highest good of
4. Everyone connected to us.
5. Oh Holy Spirit of God,
6. Protect me from all forms of self-centeredness
7. And direct my attention to the work at hand.
8. Help me to know (*myself*) in the Light of the Akashic Records,
9. To see (*myself*) through the eyes of the Lords of the Records,
10. And enable me to share the wisdom and compassion that the Masters, Teachers, and Loved Ones of (*me*) have for (*me*).
11. The Records are now open.

This is the process for opening your own Records.
When it is time to close your Records, read the Closing Prayer aloud once:

Closing Prayer

- I would like to thank the Masters, Teachers, and Loved Ones for their love and compassion.
- I would like to thank the Lords of the Akashic Records for their point of view.
- And I would like to thank the Holy Spirit of Light for all knowledge and healing.
- The Records are now closed. Amen.
- The Records are now closed. Amen.
- The Records are now closed. Amen.

It's surprisingly simple, isn't it? Try opening and closing your Records, using this process a few times, until you are comfortable with how it sounds and feels. As a beginner, you are likely to have doubt and hesitation creep into your experience. No need to worry; this is all part of the process. It's not realistic to expect sudden enlightenment or radical shifts in long-standing life issues. Adjusting to the Akashic atmosphere is what's most important at this stage.

In the upcoming chapters, we will be discussing what to do when the Records are open. But for now, let's just wade into the Akashic waters. After some practice going into and coming out of the Records, move along to the next section, which examines how the Records are organized. Familiarity with this information makes it easier to trust the unfolding process that is already under way.

Entering Your Akashic Records

Working in the Records, we prioritize energy first, information second. As I mentioned earlier, the Akasha is governed by three Absolutes:

- Judge Not
- Fear Not
- Resist Not

Adherence to the Absolutes cultivates an atmosphere of kindness and respect within which you can explore old limiting ideas, release distorted perspectives, and realize the next level of possibility for expressing your soul's truths. Upon entering the Records, pay attention to the welcome, and your response to it. Fully expect to be well received and treated as a long-awaited guest.

Anything short of this warm, gracious embrace is a sign you are not in the Records. If you encounter teasing, ridicule, or putdowns, be *assured* you are not in the Records. Take a moment, repeat the Opening Prayer, and reenter. A few attempts may be required to find a comfortable space but, with practice, it most assuredly will happen!

How the Records Are Organized: Light Beings—Servers of the Akasha

Employing the Pathway Prayer Process puts us in a position to meet the agents of the light, who are servers of the Akasha. Their service centers on a variety of duties, from managing the Akashic energy to its dissemination to us. They are the unseen entities entrusted with the flow of operations within the Records and between the Records and us mortal human beings.

There are four departments of the Records, managed by four groups of Light Being Servers, identified by their responsibilities and characteristics. Distinct from the realm of spirit guides, angels, or channeled personality entities, this dimension is home to unseen assistants, recognizable by their service rather than personal identity.

Another qualifying distinction is that three out of four departments residing within the Records function as groups, rather than individually. This is one of the hallmarks of our Aquarian Age, the era of cooperation by individuals willing to relinquish fierce personality needs for the good of the whole. In the Records, the Light Being Servers are not known by their personality traits but, again, for their service.

The two primary duties of the Light Being Servers are maintaining the sanctity of the Records and the flow of Akashic force between the Records and humans. Each managing group stays within its own arena, and all work in concert to maintain the flow of energy and information from the Records to us. One assembly of Light Being Servers focuses on the integrity of the Akashic Records, while the other three organize their efforts around the successful transmission of compassion, wisdom, and power to seeking humans.

Exploring each subgroup of these Beings of Light, we learn who they are and what their commitments and obligations consist of, telling us much about what we can reasonably expect from our encounters in the Akasha.

The Lords of the Akashic Records

Imagine a circle of Light Being Servers entrusted with safeguarding the Akashic Records from corruption, diminishment, or pollution, whose sole focus is protecting the integrity of the Akasha so that it is never compromised in any way. Intent on their mission, they work in seamless harmony with one another to such a degree that individual personalities weave together, forming a web of resilient light.

The Lords of the Akashic Records are not embodied, nor ever have been, and take personal interest in us only insofar as they are awakeners of our awareness as prompted within the Records. These are the Servers determining who gains access to the Akasha, and when that will occur.

Beckoning us to our personal awakening, facilitating our connection with the Records, the Lords of the Records reach out to us through soul-level impressions. We do not see or hear them; we do not expect that type of interaction with this exclusive level of being. However, the Lords of the Records do interact with the Masters (one of the subgroups of the Beings of Light and the first in the group of the three whose attention is on us and our growth), transferring the riches of the Records—compassion, wisdom, and energy—to the Masters for upliftment, encouragement, healing, and advancement as they work with humanity.

The Masters

Each individual has a group of Masters with whom they have an eternal relationship, beginning with the soul's inception and continuing throughout time. These Masters, dedicated to the soul's evolution and expanding awareness, shepherd the singular soul through the journey of awakening.

Though the Masters are not embodied, they face us, while the Lords of the Records stand with their backs to us, facing the Records—leaving the Lords of the Records and the Masters "standing" back-to-back. Working together very closely among themselves and with the Lords of the Records, the Masters decide how the Akashic transmissions are to be utilized and also arrange for the support necessary to integrate higher levels of consciousness. The Masters have authority over choosing the best Teachers and Loved Ones for us during each lifetime. Essentially, the Masters manage the elements of awakening through the human experience.

The Teachers

The term *teacher* has many definitions in different spiritual systems. Let's be clear: Within this system, Teachers may or may not have been embodied at one time. In any case, they are not embodied currently.

Their role is lesson specific, not soul specific. As humans normally address a number of challenges within one lifetime, we also have more than one Teacher at a time. Each Teacher is responsible for developing a specific understanding within an individual, in the Teacher's special area of expertise. Once this is achieved, the Teacher goes on to the next person who is ready to comprehend this particular idea.

For example, when an individual is resolving self-doubt, the Masters choose a Teacher with mastery in this particular issue to come forward. This Teacher remains with the student/seeker for the course of growth in this area, whether it takes one lifetime or twenty-one. Once an individual graduates into self-trust, the Teacher moves along to the next person ready for this awakening. At this point, the Masters assess the situation; determine the best step forward; and arrange for the next perfect Teacher to ensure success.

The Loved Ones

Most familiar to us are our Loved Ones, those people we knew in this lifetime who are now deceased and assisting us from the other side. Again, they work in groups. Our connection with these individuals is at the soul level, rather than simply a complementary personality fit.

We may or may not have a strong personal attachment to our Loved Ones. One may be a favorite aunt or, just as likely, a childhood schoolteacher who championed our burgeoning talents. Loved Ones provide comfort, confidence, and encouragement, and are committed to supporting us in being our authentic selves in the world.

It can be obvious to us who our Loved Ones are, or not so obvious. They are not always open to engaging in conversation, lest we become too reliant on them, and instead may prefer to cheer us on from a distance. While we can ask for their expertise in certain matters, they are not the source of wisdom for our Records work. More often, they will promote our development, likely through their presence and the qualities natural to them while on Earth. A warm, solicitous aunt remains the same, alive or deceased.

While awareness of the presence of individual Loved Ones is common, identifying each and every one of them is highly unlikely. Rarely do we have complex personal relationships with them in this state. Their intention is simply to support us as we connect with the compassion, wisdom, and energy of the Records, and use it to become individuals expressing our souls' purposes and intentions on Earth.

How the Records Reveal Themselves: What to Expect

Engaging in the Records follows the natural path of relationships, through customary stages of introduction, first impressions, and finding optimal patterns of connecting and relating. I often say that the Records are relational. As with any new friend or mentor, it can take time to get used to communication styles.

That said, there are a few standards that are predictable. First, the Records and the Light Being Servers of the Akasha never impose or intrude or stalk. While always available and at the ready to guide us to good choices, they are respectful of boundaries at all times. These Agents of the Akasha will not unexpectedly visit for any reason, so if it seems that you are getting a surprise

visit, go into your Records to discover what is happening.

Welcome news to most of us is that we don't have to be psychic to participate effectively in the Records. The Records are a soul-level dimension of consciousness, and each of us has a soul. As a result, it is perfectly natural and well within our abilities to explore the Akasha. Traveling through time and space as humans, we are guaranteed one leap of awareness within the Akasha: that of awakening to a more conscious relationship with our soul. The Records are the ideal resource for this intimate and eternal adventure.

Perceiving the wisdom, compassion, and energy of the Records occurs in a variety of ways, ranging from hearing, to seeing, to a sense of knowing. The means depend largely on the constitution of an individual. Eighty-five percent of people working in the Records receive energy through a sense of knowing. This means that only 15 percent actually encounter specific images or audible voices. More frequently, the energy of the Records comes as a hunch or as a felt realization. In this realm, these are perfectly valid starting places.

Remember, we are working with subtle dimensions of awareness. Describing your experience, no matter how vague, primes the pump and activates the flow of the Akasha. Putting words to your understanding, even if they are muddled, is the perfect starting place from which to move into a more active connection with your Records. In general, energy moves on the word, whether spoken, written, or thought (in descending order of power). Within the Akasha, words are especially powerful. Reporting to yourself what seems to be happening is the right place to begin a more conscious connection with your soul through the Records. Journaling is recommended.

Far from passive, personal practice in the Records is dynamic and interactive. While the Records are infinite and eternal—with the whole of our story through time awaiting recognition—they are at the same time intimate and imminent, right here and now. Sitting within the tension of this paradox requires a powerful, productive strategy for success: asking questions.

Questions are terrific, particularly open-ended ones. Illuminating and propelling us through dimensions of personal awakening is the question *Why?*, which deals with activity behind the scenes driving the events in our ordinary lives. *Why?* and *How is this of benefit?* are the dynamic duo of inquiry. Remembering the primary concern of the Records—to support our awakening, awareness, and alignment with our soul—guides our questioning and understanding.

I find that less helpful questions fall into two categories: predictive and absolute directive. Predictive requests range from yes/no questions, to when, where, and who. The Akashic Records are not an oracle for divination, so yes/no questions often fall flat. Also, fishing for absolute directives—led by "should" and "must," indicating obligatory requirements—yields little response. Keep in mind that the Records are dedicated to developing the best of our human capabilities, so sound decision-making falls into that category. When it comes to "should's," we quickly learn that there are none in the Records. This realization actually gives us peace of mind and self-respect.

Questions exploring our issues and human challenges—whether health struggles, wealth concerns, or happiness in our relationships—empower us to new levels of insight, clarity, and compassion for ourselves and others. This is the best approach to take when mining the Akasha. Ultimately, we make our own choices, guided by the Records. The Akasha is a place to receive assistance with evaluating options, making wise selections, and living honorably with the consequences. This is precisely why the Records are a remarkable resource for personal growth.

Proceeding from Here

Clearly, this has been a condensed version of how to read your own Records, yet it provides a solid beginning. It is important to recognize that our focus here is on shifting from an ordinary to an ExtraOrdinary life; this is not a full course of study in the Akashic Records. Assuming the position of a beginner on the game board of life is a sacred stance and is, fortunately, accompanied by abundant grace.

Growing in skill and experience is accomplished only through practice, which is the ticket to confidence. Open your Records often; there is no way to overdo it. If the information dries up, you become bored, or you seem to be receiving repeated guidance, simply take a break or adjust your practice by reading your Records at different times of day or in various locations, journaling or not journaling, as the case may be—just experiment with alternatives. Additionally, you may want to check yourself to see if you are indeed applying the guidance offered by the Records. It's perfectly normal to come to a standstill in this work when you don't use what's being presented.

And if you think about it, this does make sense; there's no reason to keep putting forward guidance that is not being applied.

Ultimately, you can trust that this path is self-correcting and will lead you in your own perfect way and in your own perfect time. For optimal results in transforming your ordinary life into an ExtraOrdinary life, place your attention on the task at hand, on your discoveries and findings, as opposed to the method employed.

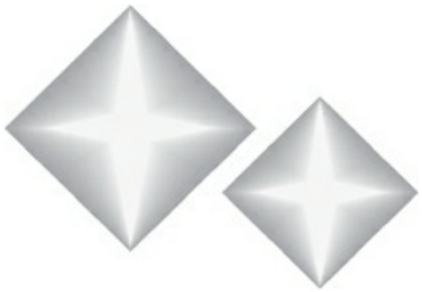
Going forward after developing a practice within the Records, you will find that each chapter centers on a specific topic, with information, ideas, discussion, and Akashic Reflections. Each reflection is a collection of questions contained within a meditation, fueling personal inquiry for the purpose of unearthing new levels of truth. Focusing on answers received is better than debating whether or not the guidance is truly from the Records. Moving forward one step at a time makes the journey manageable and more pleasurable. The Pathway Prayer says, "Direct my attention to the work at hand." This powerful invocation lands you squarely into the compassion, wisdom, and fundamental aliveness of the Records.

(Comprehensive instructions on "how to read the Akashic Records" are offered in my first book and my six-CD learning set of the same name. Both resources are excellent helpmates for furthering your understanding and skill development. Enjoy!)

Now that we have our method in place, we can proceed with using it. Come with me now to the next chapter, where we will begin to explore the many ways this process can empower us to transform our relationship with ourselves and others … as well as make life changes for the better!

CHAPTER TWO

MAKING PEACE WITH OURSELVES AND OTHERS



Recognizing basic truths of your soul's path can be accomplished in times of calamity or ease. The degree of obstruction blocking your ability to make contact with these truths determines your familiarity with your path. Your grievances cover up your light, preventing this direct encounter. Personal inner peace facilitates accurate assessment of your soul's path, which is why we focus our attention on learning how to activate unconditional love.

Everyone I have ever worked with has expressed a sincere desire to enjoy harmonious relationships—to be at peace. If only being desirous was enough to achieve peace! I find it fascinating that what we so desperately crave can be so challenging. As we navigate the shift into ExtraOrdinary living, we absolutely must address this issue of making peace with ourselves and others. Understanding how change occurs within the Records supports our success as we learn and apply the spiritual practices of unconditional self-love and giving others the benefit of the doubt.

Healing Through the Akashic Records: An Overview

Within the Akasha, healing occurs through awareness. The fundamental assumption of healing embedded in the Akasha is that every individual is

absolutely perfect at the level of the soul, which is wholly and permanently connected to the Source. Because the light exists in its fullness within each of us, there is never any reason to send more light to another. The issue is awareness of the infinite, eternal, *now* presence of the light even when circumstances suggest otherwise. Spiritual healing, understood from an Akashic perspective, is being conscious of our oneness with the Divine. This awareness transforms our relationships with all the people and all the phenomena, both passing and permanent, that contribute definition to our lives.

When we are working within the Records, this transformation transpires in a very interesting fashion based on the Light Grid. The Grid is an unseen energy pattern made of points of light, corresponding to our physical, emotional, and mental states in this life. We are each blanketed by an invisible pattern of points of light that are connected to one another based on resonant frequencies. These energetic patterns structure who we are.

When an individual opens someone else's Records, he or she has temporary authority over the Light Grid of the person he or she is serving; and yes, when in our own Records, our position of authority increases. However, the Grid does not respond to direct intervention. Through the human dimensions of feeling, thought, and action, the Light Grid transforms to patterns supporting an individual in present time. Proceeding from the session, within the context of an adjusted Light Grid, he or she "grows into" or adapts to more appropriate patterns of awareness and behavior. This is also why we never open anyone's Records without their express permission: An Akashic reading requires adults making conscious choices for their awakening on their own behalf.

When we engage in the Records, two significant events transpire. First, the platform for perceiving the essential integrity and magnificence of the individual being read is elevated, brought into focus for easier detection. This awareness dramatically alters relationships with all conditions and circumstances, empowering both the practitioner and the person being read to recognize the ways in which all situations, pleasant and otherwise, are part of a grand symphony awakening the individual to his or her soul's perfection. Recognizing the positive contribution of all life conditions, he or she is empowered to draw forth valuable aspects and graciously decline distractions.

The second critical event that transpires is the shift in the Light Grid of the

person being read. Through awareness, the life force quickens, shaking off outmoded ideas and behaviors and opening to authentic in-the-moment options.

Healing, however, is quite separate from curing. Sometimes, people are cured; other times, they are not. Every difficulty presents the sacred opportunity of recognizing the immutable Divine Presence within it, and acknowledging that the illness, wound, or injury is a portal for increased self-love.

This is but a brief overview. My second book, *Healing Through the Akashic Records*, examines this topic in great detail. However, this survey of healing is more than enough for you to be successful in making peace with yourself and others.

Making Peace with Ourselves

To be complete and sustaining, transformation necessitates both inner and outer aspects. Outer peace begins with inner peace. The question, then, emerges: How do we move from the idea of inner peace to the experience of outer peace? What composes peace? How do we—imperfect mortal beings aware of our infinite nature—create enduring peace? Let's direct our attention to this matter, beginning with being clear and certain of the context, as living peacefully forms the bedrock of our quest to take our lives to ExtraOrdinary.

In this chapter, we will focus on realizing inner peace, recognizing that incremental growth in this realm will naturally impact outer peace. An active core of peace penetrates every layer of self-expression, radiating out into the immediate environment and even extending beyond discernible horizons. Our peaceful presence becomes a lightning rod—and because similar vibrations quicken each other upon recognition, we naturally activate the potentials for peace in the people and places along our path.

Let's bring our attention now to our own inner terrain so as to discover how to activate peace within ourselves and in our relationships. Doing so will strengthen our presence as peacemakers and prepare us for subsequent topics concerning our conscious participation in the world.

This notion that there is value in developing my own personal state of

peace was confounding at first, and has proven far more powerful than I anticipated. Initially, I would attend family gatherings with a strong desire to "bring peace" to the party—trying to force my idea of peaceful behavior on others. Let me tell you, this caused nothing but strife, the exact opposite of my intention.

My next phase was focusing on being my own supportive cheerleader, even when I felt outnumbered or misunderstood. "Of course you're upset!" and "No wonder you feel misunderstood!" were the mantras I used in practicing extending unconditional love to myself. In so doing, I observed that although I wasn't the caliber of "peacemaker" I intended, at least I wasn't making matters worse—I was making progress!

After some time practicing this deliberate exercise, I found myself intentionally extending kindness and respect to myself no matter what mistakes I made or how others responded. As a result, I experienced feelings of warmth, inclusion, and acceptance. All this was accomplished through a surprising and disarmingly lovely process. Allow me to start at the beginning of my exploration.

"Of Course!" Practice

When I first worked with the Akasha and confronted ordinary human dilemmas—raising a child; nurturing a long-term relationship with my spouse; and being a supportive sister, daughter, and friend—I often found myself seeking assistance in my Records. Surprisingly, no matter what challenge I presented to my Masters, Teachers, and Loved Ones, regardless of the degree of my impatience or frustration—whether I had lost my cool with my son, nagged my mate, spoken unkindly to a sibling, or made unreasonable demands on my aging parents—the response from within the Akasha was consistently a loving expression: "Of course!" or "No wonder!" or even "It's all right!"

As my mind-set had been accustomed to condemning weaknesses, criticizing errors, and demanding excellence (whether achievable or not), this loving acceptance was unbelievable to me. I had previously underestimated the value and power of acceptance. Since I had always been intent on loving myself just as soon as I met certain criteria and achieved my very best self, the acceptance offered by my Masters, Teachers, and Loved Ones seemed

weak, almost a sign of resignation.

Simultaneously, I began to see that decades of criticizing myself had not, in fact, helped me achieve my dreams. Was it possible that this deeply ingrained pattern of self-condemnation was somehow not supporting, and perhaps even serving as an obstacle to, the peace I eagerly sought?

And so it was with great skepticism that I first tried this Akashic Approach. Applying a stance of loving acceptance—with accompanying sentiments of "No wonder!" and "Of course!"—I experienced compassion, acceptance, and yes, peace. Much to my surprise, simply extending a measure of kindness and respect to my flawed human self resulted in a greater expression of my best self. In some mysterious and unexpected way, acceptance without judgment nurtured inner peace and resulted in greater self-expression. Along the way, I continued to discover further ideas that contradicted my internal programming, and I was consistently impressed with long-desired results.

Prior to developing this practice, I firmly believed I never did my best; I always felt I "could" and "should" do better. (Ditto for others!) Repeated use of the mantra "Of course!" helped me penetrate this old idea and begin accepting my human limitations as neither moral failures nor indictments of me personally. Mistakes, limitations, falling short of doing enough—these were all natural facets of living as a "human being in progress." I discovered these ultimate truths:

- My human limitations could not corrupt or destroy the perfection of my soul;
- Every action, whether resulting in injury to myself or others, was my best attempt to connect with more love; and
- If indeed all this was true about me, then it was also true about everyone else.

Oddly enough, I realized that all the energy previously devoted to self-criticism, doubt, condemnation, and rejection actually kept me locked in a state of negative self-centeredness. As I began extending more merciful kindness to myself no matter what I had done or failed to do, I felt immense relief and increasingly opened up to the presence and needs of others. Paradoxically, the more I accepted my imperfect self, the easier it was to rise

above those defects and align with my soul. Amazing work, indeed!

Even more startling was the unfolding reality that as I accepted those "negative" aspects of myself—the extra ten pounds, the rapidly graying hair, my impatience, my failure to speak up or my other sin of being too blunt—they distracted me less and less, and eventually subsided. Clearly, rejection aggravated situations, while acceptance proved to be a calming balm. I no longer had to meet my previous standards of perfection (unattainable as they were) in order to experience a loving relationship with myself. Fascinating! The revelation of this idea while maintaining this ongoing practice ("Of course!") revolutionized my relationship with those pesky personal flaws.

While the dream of unconditional self-love lived deep in my heart, it wasn't until I began to apply these mantras and this approach, opening up to the feelings they conveyed, that it became real. Transitioning from idea to experience became possible when I started using these phrases as a spiritual practice.

A spiritual practice can be any repeated activity supporting our awareness of the Divine. My original intention was personal peace and relief from tormenting self-judgment, both representing aspects of the Divine. This business of sharing the merciful attitude of "No wonder!"—an expression of Divine mercy—when repeated regularly, became a healing salve to layers of human judgment, criticism, and contempt.

Many years into this practice, I am afforded frequent opportunities still to say "Of course!" when imperfections arise, as they do, in so many different forms in a variety of circumstances. "Of course!" "No wonder!" Soul-level awareness dancing with temporal conditions is simply part of the journey!

And yet, patterns of stubborn habits—repeated thoughts and behaviors surviving far past their expiration dates—continued to cause me serious discomfort. No matter how aware I became of their origin or initial usefulness, I was unable to will them away. My attempts at substituting new and improved patterns remained unsuccessful. Seemingly, I was trying to construct a new house atop an old foundation not yet entirely cleared.

In my personal hall of shame, victimization was my most challenging pattern. How I cringed at the prospect of playing victim and, therefore, strove valiantly to avoid it, at all costs. Having descended from a long line of folks who take great pride in suffering, I have frequently experienced myself as a victim overwhelmed and overcome by the behavior of others; in fact, despite my efforts, I didn't know how to cast off that role.

By now, dear reader, you can predict the next opportunity on my path to personal peace: “How do I love myself even when I am a victim? How can I extend loving-kindness and respect to myself even when being victimized, real or imagined?” Through promptings received while in my Records, I began applying the “Of course!” strategy with newfound engagement and acceptance, on increasingly deeper levels.

Reflecting on my life circumstances and responses, I would normally resort to harsh criticism—but this was now interrupted by a merciful sentiment from within my Records: “Of course, Linda! Oh my darling, it’s all right. Yes, it used to be a wonderful idea to seek approval from and please others. Of course! Since you are still doing it, it must somehow be helpful. And of course! Even if you engage in this pattern of behavior for the rest of your life, you are doing your very best. It’s normal to be human, even when you want perfection. But, you can’t grow past this until you accept it.”

Heavens! Since I was 24, I had deliberately tried to free myself from approval-seeking and people-pleasing, and yet I continued to wrestle with this at midlife. Initially allowing this new perspective and then embracing this wave of acceptance enhanced my awareness of my connection with the Divine.

And another revelation revolution was afoot! By exploring optimal use of this practice, I discovered that responding to others’ needs as well as my own could enrich us all, bringing about peace and harmony. Accepting these patterns eventually released their grip; liberation ensued.

But before you assume what this state of freedom entails, allow me to share what came next. Growing into states of increasing peace and freedom, I found that another surprise awaited me. As it turns out, peace is not static but rather is a dynamic process, always emerging and continuously revealing its aliveness. I found that trying to capture and hold on to peace was futile and seemed to nearly extinguish it. I began to see that this coveted state of peace called me to be ever-present, allowing life to unfold and just be as it is, free of my judgment or attempts to control it. And so, one event at a time, and using the “Of course!” practice, I met the challenge of discovering the inner peace present, no matter how turbulent the outer situation.

Today, I find myself on the lookout for people who have made peace with

themselves. I seek people having confidence in both themselves and others, faith in the moment, trust in life, and courage to allow others to be exactly as they are. The peacemakers I have met are actively practicing just a few simple objectives: accepting "what is" at any given moment, allowing for imperfection, not taking events personally, and, when necessary, graciously walking away. They identify peace in the midst of turmoil. These are the peacemakers of our era.

Who are they? We all take turns. Today it might be me, and tomorrow it might be you. As humans, we have good days and bad, in the midst of which we work together to allow and accept ourselves and one another not only for our potential but also for our vulnerabilities and even foibles. Peacemakers do not hold grudges; they keep no records of grievances, but rather are quick to extend mercy. Look around! Where do you see the peacemakers of today? Everywhere! We all have within us the power to be peacemakers. Every one of us. Now is our time.

AKASHIC REFLECTION: IN THE REALM OF THE AKASHA

Let's take time now to explore our relationship with ourselves within this infinitely merciful realm of the Akasha. Begin reading the Prayer aloud: "And so we do acknowledge … The Records are now open."

Give yourself a few moments to acclimate to the atmosphere of the Akasha. Open up to this sacred dimension of compassion, wisdom, and aliveness. Scan the space surrounding your body and within your body, observing a quiet sense of invisible support. Wonderful.

With your inner voice, call to your Masters, Teachers, and Loved Ones, inviting their assistance with this process. You may or may not be able to detect a strong presence of support, but rest assured, they are in range.

Now, ask for your awareness to be called to a grievance you currently have against yourself: some specific action you take, or a way that you express yourself, or something about yourself that you find unacceptable. Let a particular facet of your humanity come into focus. Mentally describe it or make notes in your journal. This is not the time to judge or evaluate; simply describe. Perhaps you are sick of yourself for not resolving financial issues, for continual failure in relationships, for crumbling in the presence of conflict, or for another personal trait that baffles you. Whatever it is, describe it: What do you do or fail to do? What are your thoughts, feelings, and actions in connection with this? And then what happens? Go ahead and detail the unfolding.

Ask to see what occurs when you condemn yourself for this. When you pressure yourself with harsh criticism, what happens to this flaw? Does it usually grow stronger, become inflamed, or aggravate you? Negativity is the Krazy Glue of the energetic realm, serving to hold undesirable characteristics in place. Examine how it works for you. Excellent.

Invite your Masters, Teachers, and Loved Ones—no matter how real they are to you at this time—to help you find the place within yourself where you can extend some understanding to yourself. It may seem that this is just you talking to your Innermost Self, and that is perfectly fine. Within this Akashic atmosphere, the intersecting zone of love, wisdom, and life force, your connection with yourself is

known as sacred, and the Akashic leadership is there primarily for your support.

Consider saying to yourself, “Of course! You have this” or “Of course! You’re this way” or “No wonder! It’s okay.” Look to see when this began for you; how did this trait develop? Even if it’s inherited from relatives, it’s yours now. When did you claim it? We know that you selected this characteristic because it was somehow a good idea. How has it been beneficial for you to be this particular way? Notice what a loving choice it was. Check to see if you can “get on your own side,” or align with yourself as a person. Continue with “Of course!” and “No wonder!”

Please consider the possibility that you may be this way, saddled with this imperfection, for the rest of this life. Are you willing to extend respect, kindness, and compassion to yourself *even if* you are this way for the duration of this incarnation? Most of us need some assistance at this point. Your Masters, Teachers, and Loved Ones are willing to provide whatever you need. Ask them for help loving and accepting yourself with this flaw. Excellent work!

Feel into the possibility of freedom from self-criticism. This is a profound spiritual practice and may take time. Unconditional self-love is the foundation for inner peace, and you are well on your way!

Moving along now, let this go, asking to become aware of a pattern of behavior, thought, or action that was once supportive but has become limiting. It can be anything, from a series of relationships with inappropriate people, to repeated career choices that don’t satisfy, to decades of frustration with family members, or even health challenges. You are familiar with your areas of distress, so let your ordinary human knowing provide this information. Great.

Now, describe the pattern. Description is powerful, giving definition and tangible reality to thoughts. What do you do? Not do? When did this begin? What convinced you it was a good idea to adopt this pattern? In what ways has it been helpful? At some point, it began getting in your way. When was that? What was happening? How had you grown through the pattern at that time and yet decided to retain it? How has it been beneficial for you to retain a limiting pattern?

You love yourself and would never deliberately cause yourself harm. In what ways has this been your best idea? Excellent. Remember, condemnation will keep this stuck right where it is, but your willingness to accept it as good frees you.

Consider again the possibility that you may have this pattern for the rest of this lifetime. Ask your Masters, Teachers, and Loved Ones to empower you to extend “Of course!” and “No wonder!” loving-kindness to yourself. Speak out loud: “Of course you have this pattern!” and “No wonder! It’s always been this way; how would you know any different?” Reach into the infinite reservoir of mercy and compassion, and help yourself. It’s really okay to hold this pattern; even the most confounding behavior cannot squelch your inner light. Yes, it can be blocked, but not extinguished. Open up to treating yourself with the compassion and respect you deserve even with this pattern. Accept it.

Good. Let’s close your Records for now. Doing this deep work does not often provide immediate magical results. It takes time and may not happen in one sitting, and that’s good. The process is about growing into seeing ourselves from a spiritual perspective and then treating ourselves the way the Divine intends. Read your Prayer aloud, finishing with: “The Records are now closed. Amen.”

Great work! This is the time to ground yourself fully by walking around or watering the plants. Having something to eat works as well. Certainly you are more aware of the importance of loving yourself. Now you have a way to shift from the idea of unconditional self-love and acceptance to the experience of self-acceptance and inner peace through this spiritual practice. Repeated use of this mantra (“Of course!”) will propel you into unlimited states of self-love. As you align with your human self, your spiritual nature shines through!

Making Peace with Others

Awareness of our eternally compassionate spiritual nature can be confusing when facing other people in the throes of human reality. How in heaven's name do we love, respect, and appreciate others when they have behaved badly? As awakening ones, we recognize the light in others and then often struggle attempting to connect with them, finding they are not receptive. Often, they enthusiastically reject us for reasons we don't understand. We see potential that they don't. We accept who they are as flawed human beings at this point in time. Simple—right?

This raises an essential element of the Akashic Approach: Everyone is always doing their best. Truly. Every action is an attempt to experience love in all its expressions: acceptance, safety, security, and such. Even seemingly "bad behavior" is an effort to feel better. It may involve hurting someone else, but the injury caused is understood as a way to improve well-being.

Given every individual's background, upbringing, experiences, biological makeup, and beliefs—among myriad other factors that play a role in the behavior he or she exhibits—it is understandable that the action someone takes is the best one available at the time to that individual. This applies to small, everyday interactions all the way up to a larger scale, where human beings act in coalition. Although it may be couched in appalling conduct, the deepest motivation is to be loved in some way.

At the level of motive, everyone is innocent. All human beings want the best for themselves, and others, and will do whatever they can to achieve it. You would never intentionally hurt yourself or anyone else unless you felt it was the ideal way to get your message across. In the name of "teaching a lesson," we punish criminals to incentivize them to stop breaking the law. We go to war to convince others that we are right, certain that whatever destruction it causes is necessary for us to be safe. Please know I am not sanctioning nor encouraging violence in any manner, but offer this perspective as a way to comprehend the motivations driving even the most heinous actions.

We're once again challenged to extend the same sentiments of "Of course!" and "No wonder!" to others, just as we practiced for ourselves earlier in the chapter. This loving acceptance is not a denial of horrific acts but rather a compassionate response to the need of others to act. "Of course!" does not condone "bad behavior." It simply acknowledges, accepts, and

allows that no behavior can extinguish the light of life. The light is present in the worst of situations. This is the opportunity of the awakening Akashic Light Worker: to seek and find the light, despite apparent evidence to the contrary!

Our daily challenge is extending to those we know and love the same sentiment we wish from them: "Of course!" "No wonder!" In effect, we are extending the *benefit of the doubt* to them, at the level of motive—much as we hope others will do the same for us when the opportunity arises. Yes, we understand that they are doing their best. We are invited to know that they are indeed infinite, whole, complete, and perfect spiritual beings growing into their perfection through the flawed human experience, and are worthy of the benefit of the doubt, just like we are!

AKASHIC REFLECTION: MAKING PEACE

Let's put this into practice, by going into your Records. With your copy of the Pathway Prayer, begin reading aloud: "And so we do acknowledge the Forces of Light … The Records are now open." Beautiful.

Adjust yourself to this sacred space of light, power, love, peace, and wisdom. Open up to the presence of unseen spiritual support. Good.

Consider a relationship in your life that is presently troubling you. Observe the other person and what is happening that is upsetting you. Notice if it is a problem for him or her or for you, or for both of you. Ask for help understanding how this behavior can possibly be the best that he or she can do at this time. Is it possible that this individual is striving to attain an increase in well-being? What about you? What is going on that you are unwilling to let this person be the way he or she is right now? What about your own behavior is impacting the situation?

Consider: "Of course! You want to control this person." Be kind to yourself as you see the ways in which you are judging and imposing unrealistic expectations on this individual. Maybe you have been traumatized by them in the past. Can you love and respect yourself even though you have been a victim? Is it possible that it was your best effort at the time?

This is difficult material to consider. Go gently. Now, leave this be and let's shift gears.

Ask your Masters, Teachers, and Loved Ones to bring to your attention a time in this life when you unknowingly hurt someone else. You didn't mean to, but it happened. Okay, let that go. How about a time when someone unwittingly caused you harm? You know he or she didn't mean it, but it happened.

How about a time when you intentionally hurt someone else, probably because you were hurt first, or the person deserved it, or you wanted to teach him or her a lesson? In any event, you deliberately caused the other person distress.

Now, think of a time when someone else intentionally caused you harm. You knew it was deliberate. The person in question may have been proud of the behavior.

Then, was there a time when you were sincerely striving to help someone you love and it made the situation worse? You did not intend for things to backfire, but they did. Certainly there was a time in your life when someone had a good idea for you and you followed it, but it turned out to be a disaster. You knew the person wanted to help, but it went very badly.

How about a time when you were attempting to do something good for yourself—get a certain job,

or a mate, or move to an ideal location—and your plan came to fruition … and it was all wrong!

Good. Now let that all go.

Ask your Masters, Teachers, and Loved Ones to help you see the light of good living in the midst of all those human imperfections. Ask to see yourself and others the way we are all seen and known in the light of truth, the light of goodness, peace, acceptance, wisdom, and compassion. Beautiful. Ask for sufficient strength to extend the benefit of the doubt to each and every person involved. Wonderful.

Now let's close your Records with the Prayer: "The Records are now closed. Amen."

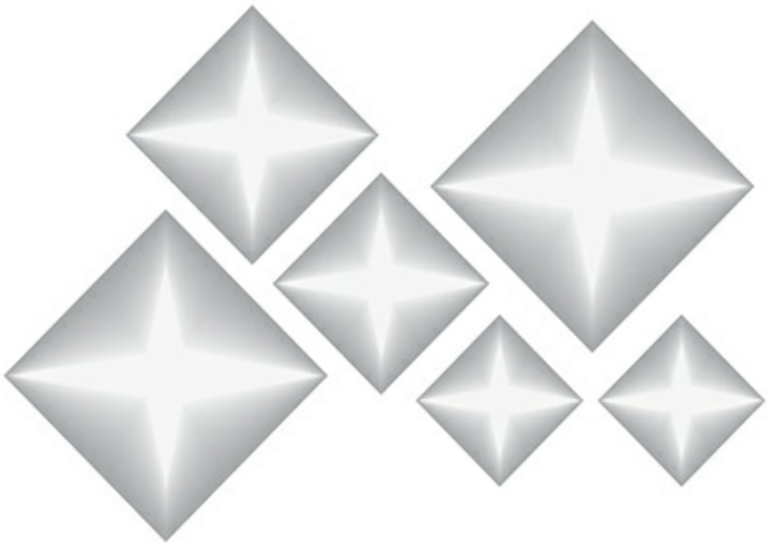
Fabulous! This has been a good deal of work, so I suggest you take a break for now. Perhaps you want to make some notes about what is coming into focus for you. Get some fresh air to ground yourself.

The Akashic Approach to creating inner peace is loving-kindness and respect—a practice of unconditional love—extending understanding to our imperfections, loving ourselves and realizing we cannot change others, appreciating the indestructible nature of the light and love in the presence of transitory humanity, and knowing the human journey is a land mine fraught with contradictions. Holding steady in the light empowers us to accept and be at peace with life, just the way it is. Of course!

With this fundamental understanding in place, and having developed the loving-kindness practice of "Of course!" and enjoying more inner and outer peace, we are now ready to proceed with the next steps—examining the five Pillars of Consciousness, one at a time, beginning with incarnation—for transforming our relationship with life from ordinary to ExtraOrdinary. Onward!

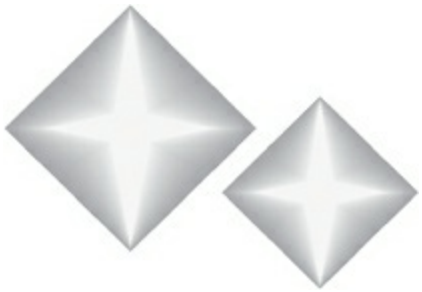
PART II

THE FIVE PILLARS OF CONSCIOUSNESS



Part II

INTRODUCTION



Your soul's path lives within you, embedded in the interior reality of your dreams, ideals, and heartfelt desires. These worthy longings take shape through your humanness and your relationship with the world. The five-pointed Star is a structural support for your inner dimensions, making realization of your deep inner truth easier here on Earth. Your soul's path becomes clear as you engage who you are, within the life you are living. The Star is an internal map guiding you along your way.

When I was six years old, my family lived on an acre of land in an unincorporated part of Des Plaines, Illinois. As I described in the Preface, one day I remember lying on the ground, looking up at the clouds through the towering grass with this very distinct sense of knowing, *Oh … I'm part of the clouds, I'm part of the grass, I'm part of the Earth.* I knew that I was a part of the whole. Today, I would call it the whole cosmos. This sensation was intensely physical as well: I felt that my being in this body, at this time, was right and good.

At the same time, I knew there was something much greater than me as a six-year-old girl lying in the grass, with my chubby legs and red shorts. I think I had this moment of awareness because the life force in nature was so present. Do you know, this was 50-some years ago? There wasn't as much pollution and noise! Everything was still.

I will return to this quiet moment in a bit, but first please join me in a

centering reflection by taking a deep breath and letting go of everything around you …

Direct your attention inward to yourself, to you, the person. In this moment, you occupy a precise place in space and time. There is a certain location where you currently reside. You share it with no one. This is the point in the universe that is dedicated to you. From the soles of your feet to the top of your head, in this moment you are the intersecting zone of the universe with the Earth plane. What we know as the heavens—the subtle realms, the celestial, the light realms—meet within you here on Earth.

Now, I invite you to move your awareness into the core of your being, where you encounter a Pillar of Light. From your root to your crown there is a completely alive and pure stream of light that makes it easier for you to make contact with your Innermost Self—that part of you that knows its Divine nature. Let yourself settle into that core Pillar of Light. As you do so, the pure, infinite light of your being radiates through the layers of your humanity and beyond you, shining forth all around you—360 degrees in front, behind, and at both sides. Become aware of the truth that you are a point of light within the whole of the universe. As this light radiates from you, it also magnetically draws to you absolutely everything you need—all that is necessary for you to demonstrate your soul's purposes and intentions at this point, in this lifetime. Take another breath and let that go for now.

The purpose of this instruction is to empower and facilitate a personal shift in awareness and experience from ordinary to ExtraOrdinary. I think that is a very exciting purpose indeed! Our goal is to be awake, aware, and aligned with our souls' purposes as we navigate the human journey. At this time, our important work is to live in the world as effective human beings without sacrificing our spiritual awareness. To this end, we will closely examine the crucial consciousness concepts that support us in doing so.

The Five-Pointed Star: Diving In

In Parts II and III, we will delve into six consciousness concepts, in this specific order. Each concept represents a distinct Pillar of Light:

- Incarnation
- Authority
- Discipline
- Responsibility
- Commitment
- Grace

Part II will address the first five, which make up the beautiful five-pointed Star; and Part III will explore the central Pillar of Light, grace (the place we just visited in the centering reflection), which is surrounded by the five other Pillars of Light. The light of grace, as you may recall from Part I's Akashic basics, encompasses a Triangle of heart, mind, and will. If we were to look down from the crown, we would see five points of light forming a Star, encasing a central stream of light. How radiant it is! The five pillars are structural supports for our internal reality. When they are strong, vital, and current, appropriate to our present life, it is easier for the most authentic part of us to move out into the world and to come home again. These Pillars of Consciousness support our ability to engage with life on life's terms.

When I first perceived this, I envisioned an ancient Greek temple like the Parthenon, with five or six pillars in a circle. (We are working at the level of sacred geometry. Stay with me if this is foreign territory or if it sounds like Greek to you!) The way I understand this is that we have beams of light opening up space within from the level of matter (arising from the pelvic floor, serving like the ground) to the level of spirit (extending up through the roof of the heart center, functioning like the ceiling). The soul dimension holds the middle. We will be clearing the space between the floor and the ceiling so that grace can move through, providing stability.

When our ideas and beliefs within these consciousness concepts are outdated—that is, they were fitting at an earlier time in our lives but are no longer serving our growth—the pillars begin to cloud, making it difficult for us to move in the world. Our work together here, as described in Part I, is basically a renovation project: We need to clean house. Looking at each of the pillars, we will identify old ideas and work on releasing them; then we will examine more appropriate perceptions.

The truth of the matter is that we are filled with light. It's not as if we need to *create* the light or find it outside ourselves. Also, we don't have to do anything *to* the light; the light does the work. Our work is to upgrade anything that interferes with our own radiance and magnetism, so that we can be more effective and satisfied. Our responsibility is to establish a structure that supports being an awakening, contributing individual in the world and, simultaneously, being a presence magnetizing the blessings we need at a soul level.

The Map for Discovery

Now, let's take a moment to collect ourselves for the journey ahead. Before takeoff, a pilot reviews a standard checklist of items required for successful travel. Consider this your checklist for takeoff.

Our greater aspiration together is to transition from ordinary to ExtraOrdinary living, so that we can be both spiritually aware and humanly productive in life. Directing our attention to the work at hand, together we will:

- Explore each point of consciousness composing the five-pointed Star, and
- Balance the Inner Triangle (heart, mind, and will).

And within each topic, we bring in a powerful four-step protocol:

- We become ***Aware*** of outdated ideas and beliefs we hold that no longer serve our growth.
- We ***Accept*** what is without judgment, allowing our emotional hold on these ideas and beliefs to start to release.
- We ***Appreciate*** the positive value of our choices that brought us to this place in our lives.
- We consciously select supportive ideas for this time in our lives, and take the ***Appropriate Action.***

This is the map for discovery; the plan is set. Your responsibility now is to relax, be fully present to the experience, be open to yourself, and allow whatever surfaces. You will surely notice a shift in tone as we embark on the process. Much like when you board a plane, you will need to fasten your seat belt and make a decision to trust the pilot. Having read the first section of this book, you are now prepared for your own adventure. The experience itself will differ from the preparation. Settle in. You are now ready. Come along with me on the wonderful ride to your ExtraOrdinary life!

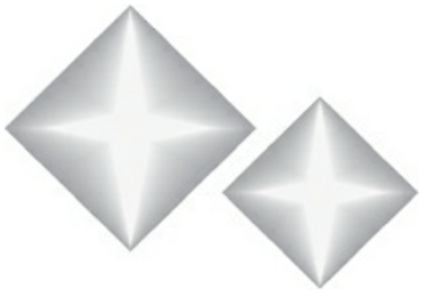
You may find it helpful to dedicate some private time to your process, in a particularly pleasing location. Describing your experiences through journaling enriches reflective work for many and can strengthen your

awareness. Personally, I love using a favorite pen! These sorts of details can be very helpful. Pay attention to everyday elements, ranging from the pen you use to the time of day and place you practice, to discover the rewarding experience you deserve. We both know that if you are reading this, it's your time. Fear not! Know that while walking your own path, we are walking it together. We are traveling an ExtraOrdinary path to our ExtraOrdinary lives.

We will begin with incarnation, taking a deep breath as a reminder of what we are addressing. Onward!

CHAPTER THREE

PILLAR 1: INCARNATION



To discern your soul's path, it is essential that you embrace your identity as a physical being. You carry this path within the essence of your humanity and the fabric of your soul—and you need to be aware of both.

The journey of every soul on this plane requires the vehicle of a body. Being incarnate is having material form; it means assuming physical properties and dimension. Incarnation concerns our relationship with our physical selves, and the connection between our human bodies and our souls' purposes. Sometimes the disconnect we experience leads us to think that there's been an accident or a big mistake, that perhaps we landed in the wrong human form. But the truth is that the bodies in which we reside are ideal for our souls' purposes and also provide abundant clues about these purposes.

The Physical Expression of Our Soul

In living our ExtraOrdinary life, we must be at peace with our bodies no matter what their present condition. Negative feelings or perceptions we retain about our bodies interfere with our ability to experience the essential goodness of our souls. Condemnation or negative judgment causes us to

resist our reality. This resistance sets us up to be stuck, like an energetic wedge; we will find ourselves unable to move past or grow beyond our present level of understanding.

On the other hand, acceptance, or letting things be exactly what they *are*, promotes ease of passage, empowering us to continue our growth process. Recognizing the significance of making peace with the body we have in this incarnation is extremely beneficial, for, until we do, we are rendered ineffective in life. As long as we resist, deny, reject, condemn, or even second-guess the wisdom in the choice of our identity in this life, we are depriving ourselves of a conscious connection with the fundamental resource given to every soul on the planet: a body and a human identity. Consequently, this point is critical. Bottom line: We must appreciate, enjoy, and value the bodies we are in, to the best of our ability, as the physical expression of our souls here and now.

When we are not in a body—prior to our arrival, as a soul experiencing freedom in all dimensions—comprehending spiritual truths is exceptionally easy for us. Among the truths we consider obvious: I am light, you are light, we are all light, we are all connected, we are all parts of the same whole, we are all goodness, our essence is love. There is plenty of space out there—remember the feeling of freedom! Entering a body, the very same soul cries out, “What was I thinking? Now I’m trapped!” (Think of babies screaming the minute they are born.)

That is our question: What were we thinking? As completely free beings, we sought what may be the most restrictive, controlling environment existing in all possible galaxies. We chose to place ourselves in this seemingly impossible situation for some good reason. We are unlimited beings in a limited realm, and since all of us made this identical selection, as humans have been doing for thousands of years, there must be some very compelling motivations for being here. None of us would ever knowingly make a choice to cause ourselves harm, incite punishment, or ridicule ourselves, or others. This incarnation must be imbued with inspiring potential, or we would not bother.

In examining the relationship between body and soul, we want to be open to the possibility that we are in the correct body, as the right person in the best possible family, optimal cultural group, and ideal continent, at the perfect time for our awakening as a soul. Even if it seems totally ridiculous and we have a list of grievances about all these details, our very willingness

to find the appropriateness of it all is the key to opening new dimensions of perception.

Ours is a physical reality, where the life force permeates every physical thing. All matter is an expression of God or life itself. At the subatomic level, every particle is imbued with God substance; we could even say that every atom is a point of God, or the Divine. Our body comprises millions of these atoms. One opportunity of living on this planet is recognizing the truth of our oneness with God, despite residing in this dense environment that does not seem to offer much validation for that idea at first glance. However, being composed of God "stuff," we are closer to this realization than we think. Consider a shift in perception.

Where Does the Body Fit In?

Our challenge is to walk around in a body and know the truth of our oneness with the Divine Reality, while refraining from judging the human experience. It can seem so simple and, at other times, totally confounding. Even when we have had personal glimpses of essential, profound truths about our oneness with the Divine and one another, at other times we have equally convincing impressions to the contrary. We seem to be caught between conflicting sets of interpretations, personal and collective. It will help us to see what the cultural understandings are and how they affect us.

Historically, the body has gotten a bad rap. Two popular schools of thought have influenced us. One considers the body to be an evil, lower station or expression of life. The other maintains that the body and the self are separate: that the body is merely a container for more valuable parts of the self. Even though these beliefs do not support us, and even though we may not have consciously decided to subscribe to them, we are still affected by them as they pervade mass consciousness.

In the Western world, through Christianity, the idea that the body deserves contempt traveled and morphed into a very destructive concept: The physical self is bad. Many of us through the ages have equated physical desire with sin, working vigorously to mortify the flesh so as to kill off human desire. Try as we might, natural human states cannot be destroyed because they are part of who we are.

Some of us regard the body as the temple of God and yet, still, only the building. The distinction is made between body and spirit, keeping body and self separate. In this view, the body serves as the container (mere Tupperware, it would seem!) for the more valuable parts of the self. Minimizing the role of the body—seeing it as a storage locker, a unit to be maintained not because of its own worth but because it is housing something important—makes living in one a difficult task and an emotional burden.

These two schools of thought on the body are equally detrimental. When we view the body as inherently evil, a great deal of effort must be put forth to keep it in check. When we separate the body from the soul, it becomes a burden to be cared for—how depressing to be responsible for something that is essentially useless.

The truth is that the body and the self are not separate. Seen within the Akashic realm, we recognize the body as a physical manifestation of the Innermost Self—an expression of the consciousness of the individual in this dimension at this time, a direct outgrowth of our soul, in total alignment with the soul, selected by the soul (in partnership with the Divine) for the express purposes of this particular incarnation. Not only is the body a vehicle for expressing the soul; it is a physical expression of the co-creative relationship existing between the soul and the spirit of life.

This is a radically different point of view from which to consider the body —as a vital component of the experience of God, providing the chance to consciously encounter the "Divine essence," both *through* it and *as* it. From this perspective, this essence is just as present in the legs as in the mind. Every cell of our being is imbued with the Divine spark; our very aliveness, our existence itself, is an expression of the Divine.

Through the use of our bodies, we can achieve our souls' purposes because this is the intention behind the relationship of the two. When we are in a state of harmony with our physical self, the body actively supports us as we come to know ourselves. *We are not here to escape our humanity in order to encounter the Divine. Instead, we are here to dive into our humanity to discover that the Divine has always been there!*

A Tree Grows in Chicago

In my early 20s, I had the most profound moment of my life. I had been out of college for a year and was pursuing my strategy: I was going to do everything right and then I was going to win some kind of a prize. (I didn't know what the prize was going to be, but I was striving for it.) One day, I woke up—with my wonderful job, fabulous apartment, clothes, car, friends—and was so miserable I thought I was going to die.

While wonderful, all these things did not enhance my awareness of anything beyond myself, and they were not enough. I could not comprehend how any of this was directly or indirectly connected to the Divine essence of life. The sense of spiritual isolation was excruciating, and none of the externals of my life could touch this spiritual void. I prayed in earnest.

About six weeks later, I was lying on my bed, looking out my third-floor window. There was a huge tree outside, and I had this moment when I *knew* that I was one with it. I was so unhinged by this, my whole body resonated with it. For 30 seconds, I was vividly aware of my relationship with this tree, a relationship that opened up from within my physical being. I knew that I was intrinsically at one with all creation, transcending past and future.

Nothing in my life had prepared me for this experience of love, actually being known and loved as a person. At a very deep level, I felt seen and known and touched in a way that changed me forever. I know that I am not the first person to have this awareness, but it was my moment to become aware that the Divine has always been there, inherent in my humanity, and I needn't strive for it.

After my first major spiritual experience as an adult, my whole life began to turn on this question: *Now that I know, what will I do?* My quest became: *How do I live into this awareness?* Thirty years later, I continue to grow into it.

Let's move into another Akashic Reflection. Once the Records are open, I will guide you through a series of questions. Your part is to do the best you can. You may read the questions and engage fully with all of them. Perhaps only some of the questions resonate with you at this time; that is perfectly acceptable. Let yourself have your experience. Pay attention to what appeals to you, what triggers inner activity, and what doesn't. It's all valuable information about you, for your shift from ordinary to ExtraOrdinary.

AKASHIC REFLECTION: EXPERIENCING THIS INCARNATION

To formally open your Records, refer to the Pathway Prayer from earlier in this book: "And so we do acknowledge the Forces of Light … The Records are now open."

Give yourself a chance to settle into your Records, making note of the quality of the atmosphere with the specific identifying characteristics. You may have a sense of a presence, like resting in a sanctuary. The Records are a sacred space that some sense as quiet, and others feel as stillness. Yet for others, it is a more active environment. However you experience the Akasha is correct. They are your Records; it is your relationship to develop within this dimension. Know that there is no possible way to do this wrong. Simply pay attention to what you experience and describe to yourself what it "seems like." Describing validates your perceptions and hastens the movement of energy, revealing emerging truths.

Ask your Masters, Teachers, and Loved Ones to assist you in seeing you in your body in this lifetime. How are you seen, you as a human being, as a person in the world at this time? For some, the Akashic perspective is quite different from the everyday point of view. For others, it's similar. Make note of how you are seen as a human being from the perspective of your Masters, Teachers, and Loved Ones. Take this opportunity to become aware of how you are seen and known in the light of truth. Do you seem real to yourself? What are your prominent qualities? What do you recognize about yourself? Describe. (The act of describing contributes to your awareness.)

With this awareness, let's move together to the realm of the Akasha known as the Zone of Choice. This is a particular realm within the Records dedicated to the opportunity to make choices in between incarnations. This is a place for us to visit with our Masters, Teachers, and Loved Ones, because of its depth. You may have a sense of moving up and out, beyond your ordinary self, or you may have a sense of dropping a little deeper into yourself, down into your heart. Either way is fine.

Moving toward the Zone of Choice, get a sense of a place to stand, a position for viewing. There, surrounded by unseen ever-present support, you can more easily discern what was involved in critical choices you made throughout your soul's journey, lifetime after lifetime. Ask to be shown all the bodies available the year of your birth, probably a tremendous number. There were many choices. You had choice of continent, racial group, and cultural surroundings, among others. Yet, in that window of time prior to your conception, your soul chose this very body. What was it that was so compelling to your soul that it moved you to be with this body? Something touched your soul in a way that thousands of others did not. What was it?

At that point in time, there was recognition, a soul-level awareness, that this body would be ideal for you to express, demonstrate, and realize your soul's purposes. It was somehow completely clear to you that this body would be ideal as a direct expression of your soul. What was it about this body that you sensed could realize your soul's destiny better than any other?

Now, if you can shift just a bit, sort of like shifting your weight from one foot to the other, let's take a little turn here in your sense of things—nothing dramatic, just a subtle shift. Excellent. From here you can see your body not only as a vehicle, but as the ideal expresser or transmitter of your soul's purposes. What guidance do your Masters, Teachers, and Loved Ones want to impart at this particular angle? What are your soul's purposes and intentions? Of course there are many, and when viewed from different angles, the variety is apparent. Notice what you detect from here. You may have a very strong awareness, or only a slight sense. Either is fine. Just go with whatever you get. Clarifying your soul's purposes is a process best realized incrementally. Take your time; keep raising the question, and it will surely be revealed.

Let's take a moment to reread the third stanza of the Prayer, because we are moving into another

position within the Records, finding a place within our bodies from which we have better awareness of the communications of our physical self. We are shifting into that place where we can more easily discern the relationship between body and soul.

Repeat this part of the Prayer: “Help me to know myself in the Light of the Akashic Records, to see myself through the eyes of the Lords of the Records, and enable me to share the wisdom and compassion that the Masters, Teachers, and Loved Ones have for me.”

Now ask your Masters, Teachers, and Loved Ones to assist you in locating the zone within your body that makes it easier for you to communicate with yourself. What area is available to you for this type of relationship at this point in time? We saw how your Masters, Teachers, and Loved Ones view your body, but now what does *it* have to share about its current condition and general well-being? Is there anything it wants to bring to your attention? A hope, a preference, a desire, a request? Be open to the expressed concerns and comments from your body.

Continuing along, see that the particular body you are in has certain privileges. See the privileges. There are also responsibilities; perhaps you can identify them as well. If you are unable to sort these out, ask for help. This body also has many strengths. Some you know and others you are still discovering. Ask your Masters, Teachers, and Loved Ones to help you identify your strengths. And, the human experience being what it is, you are mortal and have weaknesses, which they can help you find if you ask.

All your privileges and responsibilities, strengths and weaknesses, are directly related to enabling, facilitating, and empowering you to manifest your soul’s purposes and intentions. This may be strikingly clear to you at this point, but if not, go ahead and ask for assistance from your Masters, Teachers, and Loved Ones. Perhaps you are dealing with a physical vulnerability, driving you to places inside you didn’t even know existed. Some of us are aging, and our parts are wearing out, leading us to view life from new angles. Others are younger and healthier; we are all in different places on the path. See how the present condition of your body relates to your soul’s purposes.

Within the Records, we see that every condition of the body is part of a greater plan helping us to wake up to and recognize that the light within us cannot be diminished, corrupted, or stopped by any physical state. There is a dimension of who we are that is infinitely good, no matter what our physical circumstances suggest. That is a general truth and the specific truth for us individually. From a Records point of view, we can detect that everything we encounter, experience, and engage with is a sacred opportunity to expand into unprecedented self-love and enriched conscious contact with the Divine. Considering your physical condition, your awareness has been enriched.

Take a look at your level of acceptance, allowing your body to be just the way it is without alteration or adjustment. If this is overwhelming, check to see if you are willing to accept it just for the moment or maybe the afternoon. Forever may be too long! Accepting does not mean approval; it is simply letting it be the way it is.

Nice. Is there any possibility that you can appreciate your body at this time? Can you get a sense that the choices you made over time with regard to this body were really perfect when you made them; you just outgrew them? Decisions you made about the care and maintenance of your body brought you to this place in time, and that is a valid platform to begin appreciating yourself for your choices and your body for what it is.

From a place of awareness, acceptance, and appreciation, I invite you to see the relationship between the condition of your body and your soul’s purposes. What could it possibly be? How is this body the best option in the universe right now for the expression of your soul’s destiny? From another side of the question, what can this particular body deliver better than any other in the whole world? What does this suggest about likely soul intentions? You may be discovering that the Records do not just lay out the answers, but bring them through a process of asking, probing, and inquiry. Don’t settle for vague guidance; go ahead and press for more.

Moving along, let’s explore appropriate actions to anchor in our new perceptions. Ask: *What does my body need now at this point in my life, even today?* Make sure it’s something you can actually do. If

it's too big, ask for a manageable step. *What does my body need from me to support the expression of my soul? What action can I take? Is there something to do? Is there something to know? What is my part in supporting my body so that my soul's purposes can be realized?* Continue to check to make sure that the suggestions are possible and within reach for you in the next few days.

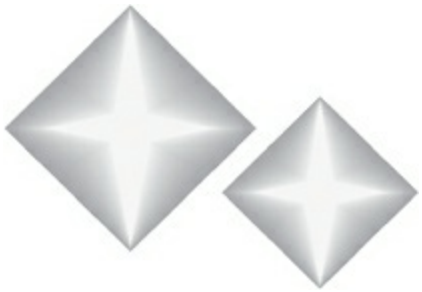
Finally, if your body had one message for you today, what would that be? Is there anything your body wants you to know or understand? Your Masters, Teachers, and Loved Ones are working in concert with your body, so the message may seem as though it is coming right from your body, or it may seem as though it is coming from your Masters, Teachers, and Loved Ones. Either way is fine. What is your body's message for you? What is your body's message to the world? What is the communication your body carries, transmitting as you move through your life on an everyday basis? Make note of your findings.

For now, let this be, and close the Records: "I would like to thank the Masters … The Records are now closed. Amen."

Do whatever you need to come back to center—maybe drink some water or have something to eat. Do something to get grounded and remind yourself that you are a mortal being in a body. Step out into nature; it requires you to get back into your body! Going forward with your day, open up to the reality of yourself as a soul in the ideal body, already active in the mission of expressing your soul's light and demonstrating your purposes. It's already under way! We've successfully initiated the clearing process in your first Pillar of Light. Onward!

CHAPTER FOUR

PILLAR 2: AUTHORITY



Appreciating the idea of authority, as a principle and as it is expressed legitimately by people in your life, empowers you to grow into being an honorable authority for yourself, on your own behalf. It is for you to observe, speak, and express your soul's path.

Through our work in incarnation, we have established that we are rightfully here on planet Earth, living as ourselves, in these perfectly imperfect bodies, at this ideal time. What's next? While we possess many talents and the ability to do more than ever before, we are not the authors of our own incarnation; that is, we did not independently generate our existence.

Our hearts beat and our lungs breathe without our command; that is both good and bad news. On one hand, we don't have to worry about starting up, and on the other, we must connect with the source of our power, when necessary. The emerging question, then, is, how do we identify this source and relate to it? What power, energy, and resources enable us to live in the world? In other words, what is our power source, or our authority?

The "Author" in Authority

The word *authority* comes from the Latin root *auctor*, meaning

“originator” or “creator.” Unless we are self-made, or the creator of the Universe, we must come to terms with our author. I am not raising this as a problem; this is simply the way it is. An author has the power and resources to make determinations, evaluations, and judgments, and knows the product in a deeply intimate way. As I am the author of *Discover Your Soul’s Path Through the Akashic Records,* I am the one selecting each word making up this paragraph, this chapter, this book. I decide the title and the content, and without my resources this book would not exist. At the same time, it is also true that an author has responsibilities, including making arrangements for the care and successful growth of its creation. Once I have created a book, I must then nurture it through the editing and publishing and promoting phases, bringing it to life.

For each of us, opening up to the truth that we did not independently generate our existence is the first step toward acceptance that there is something more powerful that did. Although being a “self-made man” has been a popular concept since the time of our Founding Fathers, we must be honest here: Did our soul agree to be incarnated in this body? Yes. Did we singlehandedly initiate, originate, or create this body? No, we clearly did not.

Recognizing that there is a greater power, we can begin the process of finding our optimal connection with authority for peace and personal empowerment. Realizing that we are both receivers and also transmitters of life force through our unique contributions, we are able to discover our place in the Circle of Life, as an integral link to the whole universe.

Once accepted, our relationship with authority becomes a source of security and strength. But if we reject it, we have “authority issues.” Let’s see how this works. A creature in harmony with its author accepts limitations and talents without much fuss. Aligned with our author, we graciously receive resources by way of guidance, material provisions, and human connections, all of which support our soul. Empowered to realize our destiny, we contribute by way of personal growth and also by making a valuable contribution to the world. However, if we deny the existence of our author, we then refuse to receive these same resources and find ourselves stuck, frustrated, thwarted, exasperated, exhausted, angry, and fearful. At a deeper level, we feel that we are finite beings ill-equipped to meet our every need.

Our challenge, then, is to develop a productive relationship with our author in order to receive all that is dedicated to us and then to share what we have to give. Considering this Pillar of Light on our five-pointed Star, we first

need to awaken to old ideas that may be interfering with this flow of life, so as to let them go and choose new interpretations that uplift and inspire us.

Unpacking "God"

In our world, the ultimate source of authority is commonly referred to as "God." Before we dive any further into this topic, let's unpack that word. I understand that simply hearing the word *God* can be an impediment to some, so I would like to clarify my intention in using it. While an understanding of "God" is personal, it is also part of a larger phase of our spiritual development and can be viewed through the lens of our journey into spiritual maturity. This is also an ideal time to take a look at the relationship between the Akashic Records and God.

The easiest way to begin is by stating what God does *not* mean for me (and I encourage you to do so along with me). When I use the word *God*, I am *not* imagining an old, white-haired man with a staff in one hand and omniscience, not to mention a bad attitude and a scorecard. That was the God of my childhood, the powerful Almighty of my parents and teachers. What was the God of your childhood like? What about that description no longer works for you? What about that image still resonates?

As far as I can tell, God *is* everything and is *in* everything. God is a presence, a power, a quality of aliveness—life itself, in fact—both visible and invisible, representing all that has ever been, exists now, and ever will be. Does this description include a karmic scorekeeper, one who is punitive, wrathful, and jealous? Maybe … along with absolutely every other possible expression and potential in the universe. God is All.

Simply said: God appears to us as we perceive God. Awareness is the determining factor. The Divine is detected through our individual human expectations, beliefs, hopes, and fears—through the lens of our humanity. Thus, the clearer, more awake, and more aware we are, the more magnified and comprehensive God appears. Everything is always as it is; we do not impact the Divine simply by adjusting our relationship to it. Recognizing God as everything alters the way we perceive God and, in turn, determines our connection, relationship, what we receive, and how we behave. In fact, this single perception shapes our entire experience.

All that said, whatever your perception of God may be, so long as it serves you, keep it. Do not erase it or substitute my version. Know that my image of God has morphed as I've matured, and yet I am still a midwestern gal in the United States who was raised Catholic and lives in a predominantly Christian society. And so God continues to be the name that works very well for me. If, however, the word strikes fear in your heart, closing the door of your mind, telling you to put this book down—then I invite you to abandon that image of God. It is perfectly appropriate to reject the God of your childhood, the God of your parents and their parents, and even the God of your friends and community. The only God you need to consider is the one *you* admire and respect; there is no need to bother with anything else. I encourage you to make a connection with the God of your own understanding.

We live in a time when traditional religious perceptions of God are crumbling. After thousands of years, ancient descriptions have outlived their utility; they served their purpose, and now something new is forming. In this time of radical awakening, many unsustainable ideas are collapsing, making way for new awarenesses to take shape. A critical characteristic of individuals in our age is heightened spiritual maturity—empowering each of us to take personal responsibility for our understanding of, and relationship to, God. (I could easily substitute the words *Spirit*, *Source*, *Divine*, *All That Is All*, *the Sacred*, and numerous other descriptors.)

So, I am suggesting that you describe the qualities and characteristics of the God of your understanding. Personally, words including "omni," as in *omnipresent* or *omniscient,* make me nervous. They bring to mind a clairvoyant spirit spying on me from the bushes, who is not necessarily on my side. Not surprisingly, this image does not make me feel loved, so I prefer instead an image of God who holds us together, with love and trust, supporting us as we find our way. I identify God with an infinite, eternal, unlimited, all-inclusive, complete, immediate, here and now, always, presence of life. For me, this is the God who created us, has confidence in us, and, yes, actually enjoys us.

As you see, I have assigned warm, compassionate human qualities to my interpretation of God, and why not? If God is everything, then God is also nice, reasonable, and has a good sense of humor. I have created an image that I am comfortable with. Why entertain an unpleasant Divine Presence, just because my grandparents did? Certainly the particular expression of your God will reflect your current awareness and needs, which is exactly as it

should be.

The Vocabulary of Humanity

All this said, I want to explain why I consistently use the word *God* in the Pathway Prayer Process and my teachings. The term itself is universal, recognized globally through millennia. Collective use and application through time has amplified the energetic vitality of the word itself. *God* originates from the essential sound "AH." Even though other words and phrases for the Source may feel more comfortable, they do not contain the same degree of vibrational power. Ultimately, we want to align with resources bursting with aliveness. *God* is such a word.

Another issue here is humility. Embracing humility, we grow in awareness of the reality of our being—having an accurate assessment of the fact that we are infinite souls living finite human lives. Acceptance of this simple fact liberates us from pressure to be greater than we actually are and also from despair over being less than what we fear we may be. We acknowledge that we are limited in some ways and also unlimited in others, maturing into an appropriate sense of our relationship to life. Ultimately, this empowers us to make the best use of who we are, given our natural resources.

Spiritual maturity is based on humility. It implies that we are reasonably comfortable with the idea of a power greater than ourselves, though we may not be able to define it precisely or figure out exactly what it is or how it works all the time. Simply recognizing the reality of a greater power requires maturity. While we are the center of our own universe, we are not *the* center of the entire universe.

Maturity enables us to understand the word *God* in the vocabulary of humanity. We recognize that the term is in use because of universal agreement across cultures. One can argue that we need a better word, but until that word arrives, we will continue to use this one.

Of course, the details of your personal understanding of God are up to you! I trust you will create a perfect solution that works best for you. Also, know that you can participate in this journey without having this question resolved. In fact, you may have no idea whatsoever about creation, existence, or life itself; perhaps you just accept the mystery of it all. Honor where you are on

the path.

God and the Akasha

So now, let's consider the relationship between God and the Akasha. Far from a simple resource for divination, the Akasha is a path of light from the individual soul to the Source, a path of full consciousness, responsibility, and awareness. I am not a scientist; my perceptions are based on my experience exploring the relationship between me, my God, and the Akashic Records, as well as observing this in thousands of students. This has truly been my life's work.

Let's first consider that the Akashic Records, as a soul-level dimension of consciousness, are the context for expressing life—past, present, and future. If God is everything, then God is reflected and contained in every dimension of existence, including the Akasha, as a holographic fragment. At the most basic level, the Records are part of God; equally true, there is much more to God.

The realm of the Akasha serves as a pathway of light from the soul to God, connecting the individual to the center of creation—God/the Source/the Divine. At the heart of our being, we encounter the soul through the constant stream of light flowing from the whole of the universe into us. The soul acts as a reflective surface—like a body of water—bouncing rays of incoming light up the inner pillar, out through the crown of the head, and back to the source of light (which I call God).

Our awareness enhances and amplifies this process. The greater our awareness of this unseen reality (God), the more empowered our experience of the process will be, resulting in a more potent connection to the light. Here's the crux of the matter for our purposes: Our personal experience of God, our soul, and the interdependence between us as humans fortifies our connection, further facilitating our shift from ordinary to ExtraOrdinary living. One of the most valuable benefits of having a conscious, working relationship with the Akashic Records is a speedy return to Divine awareness. Our active participation in the Akasha transports us from spiritual isolation to spiritual interdependence within the unified whole of life, so that we are able to understand and experience ourselves as points of light within a vast realm

of light. The Records serve as the energetic bridge, providing a broad, welcoming, inclusive highway with space enough for each and every one of us to return to conscious awareness of the fundamental reality of our oneness with All That Is … God.

Agents of the Author

Returning to our discussion of authority, it is now time to explore our relationship to this originating force. Agreeing that we are not the sole creator of ourselves or the world frees us to see ourselves as agents of the Creator, existing as facets of the Creator's spiritual consciousness and residing in incarnated souls known as human beings. As humans, we are individual expressions of the Creator. At the personal level, God is within each of us, and each of us is God in person, God as us and through us. I am the "Linda expression of God" and you are the "(insert name here) expression of God." Together, we are all God.

We know the experience of having energy in our bodies and could interpret that to be God moving through us. As agents of the author, we can easily see, comprehend, and receive all the resources the author has assigned for our growth, development, and success. However, if we determine that there is no author, or we don't like the author or think it's the wrong author, rejecting the author and the role of author, we are denied the accompanying benefits. Energetically, what we reject, we refuse. We will not allow ourselves to receive anything from a resource deemed inept or harmful.

Likewise, in everyday life, this can be problematic. If we negatively judge people in positions of authority, we deprive ourselves of connection from that source. On the other hand, accepting authority—allowing those people to serve in those positions of power, even though we may not think they have the necessary skills, or even when we may disagree with their use of position or power—moves us into alignment and opens us up to the flow of life streaming through that position. And actually, in the event of an abusive authority, the essential first step is acceptance—but then, due to this alignment, energy flows in and we can advocate for positive change. Ultimately, by aligning with authority, we are empowered to take effective action. We take our place in the Circle of Life.

Accepting Authority in Imperfect Forms

Of course there are other matters to consider to stay aligned with authority —most significantly, acceptance of human flaws. Here we must distinguish between the person, and the position, of authority. All humans are imperfect by design. And yet, perfect life energy moves through us. Don't we know it! Our challenge is to stay open to the energy of authority even though the transmitter is rife with defects.

This can be confusing, no doubt. Years ago, I recall complaining to a friend about the President. I told her I believed he was not worthy of my respect. A national election went by and I heard myself telling this same friend that the (newly elected) President deserves respect. Of course, her vote went to the defeated party, so she disagreed. I had to laugh at myself. We had been going back and forth for so long about which person deserved respect, when the real issue was inarguable: regardless of who occupies it, the Office of President itself merits our respect.

Taking this one step further, no individual can attain a position of power unless he or she is aligned with it; it is an energetic impossibility. The human self may have some missing skills or even glaring areas for improvement (pick up the newspaper and insert list here!), but no one can achieve any position without resonance.

We first encounter authority through our parents, who are imperfect people, just like we are. Parents hold immense power, almost serving like a "god" to their children. Each year we read more studies measuring the parental impact on a child's development and character. Some situations we hear about are truly awful—the parents are completely incompetent or worse —and still the parent-child connection and path of energy transmission is set.

Our soul chooses these situations as opportunities to grow into expanded awareness and increased experience of love. The soul's level of consciousness as it enters this world determines the family of origin and life situations optimal for spiritual awakening; at the same time, the parents in their environment are expressing a level similar to that of the incoming soul. This is not meant to be a punishment, but rather an opportunity to transcend previous perceptions. A soul often selects an extremely unloving situation to master self-love. Actually, this is a popular old-soul choice.

From an Akashic perspective, we opt for our parents and family precisely because they operate at a level we intend to transcend! In the first seven years

of life, we learn about the world through the lens of our parents' beliefs, and this hardens and becomes the filter through which we experience the rest of our life. These beliefs form initial interpretations and assessments of our experiences. For example, two people may get a cold. One person believes it to be a curse or a punishment from God and so takes to his bed, feeling guilty and miserable. The other sees the cold as a much-needed break from an intense schedule and takes to her bed with a good book, favorite cup of tea, and a sense of relief. Again, our beliefs form our interpretations: similar humans, same cold; different beliefs, different experiences.

With regard to authority, our souls selected our parents, but we are not doomed to stay put there! We are here, in fact, to awaken to this realization, to graciously decline when appropriate (preferably without harsh judgment or criticism), and to make new, empowering choices of beliefs, all the while honoring our parents and appreciating their contribution to our growth … and onward we go!

It is one thing to understand this conceptually, I know, but how do we live this? What about the holiday dinner table? How do we respect people in authority, knowing full well their shortcomings? I have told you that blatant rejection of authority leaves us out in the cold. That is, initially, we may experience pride at standing up for our principles, but before long, we discover that we no longer get the support, connection, guidance, direction, energy, or material or monetary benefits when we are isolated from the one with the resources. What's more, this separation makes it exceedingly difficult, if not impossible, for us to contribute. We are out of the loop. But fear not! There is a way to align with authority in order to participate in life fully. Let me explain.

Recently, I talked to a woman whose grandson had been missing for months. Her family was distressed and upset. They were always fighting with the authorities. One of them literally took a swing at the sheriff. Of course, none of this helped to solve the case; instead, this behavior earned them unpleasant consequences and delayed resolution of a horrendous situation.

Her perspective, however, was amazingly steady and calm. She would say things like, "Perhaps that's as hard as the police can work." She accepted any iota of new information that surfaced, without resistance or resorting to anger. She was in alignment with authority, even though she was suffering the loss and effects of this terrible trauma, too. Her willingness to align with authority made things easier for her. Did it solve the problem? No—but she

avoided a whole layer of distress by accepting things as they were.

Now, this is not to be confused with resignation, which implies hopelessness. We are talking about acknowledging the physical, ordinary reality of any given situation without adding condemnation or judgment. From this perspective, what we recognize as "positive change" can emerge. Acceptance is the key to opening the door to awareness of, and alignment with, authority. When we accept life the way it is in any given moment, we are in a position to establish sustainable changes on firm ground. Any adamant refusal to accept presenting circumstances is disempowering, and we can find ourselves struggling to implement favorable adjustments in quicksand.

In the larger picture, movements for social change, justice, and freedom—respecting the limitations of the existing conditions, and accepting presenting reality as an imperfect but viable starting place—offer a greater potential for sustainable success. The same principle of acceptance applies. Now, let's look at how this operates on the personal level.

Consider the case of an incompetent boss. According to my clients, this is a nearly daily dilemma. Until you reach acceptance, you simply cannot receive the blessings of this person. In fact, an energy wall goes up and trouble follows. Now, I am not necessarily suggesting you must approve of the authority of a bad boss. Personally, I've been in jobs wondering, *How did this nitwit get into this position of power?* Yet I notice other people who often don't care if the boss is in over his or her head. This is not to say these employees relish the situation, but they are able to make peace with the presenting reality and not take it personally. People who accept their boss as the authority fare better than those who resist or deny—with appropriate expectations, they experience more inner peace.

At the same time, I suggest that if reconciliation appears impossible, seek other employment. While requesting change may be the fair response, ultimately it is your responsibility to make the change, if necessary. When a relationship with an authority is untenable, it is your responsibility to relocate, resign, or report abusive behavior.

One of the governing principles of the Akasha is "Resist Not"—and there really is no reason to resist authority. It is better to just walk away. And keep in mind, negative judgments (thinking all authorities are idiots) will only leave you stranded. To be clear: alignment with authority involves acceptance and surrender, but not approval or resignation.

AKASHIC REFLECTION: DANCING WITH AUTHORITY IN THE RECORDS

Prepare now to move into the work of examining your soul's patterns with authority. As you progress through these reflections, I recommend taking notes. Writing down your findings anchors your discoveries; it keeps you moving along.

Let's open your Records: "And so we do acknowledge the Forces of Light … The Records are now open."

In your mind's eye, establish a Pillar of Light in front of you. If you are right-handed, set it up just off the fingertips of your right hand, and if you are left-handed, focus just off your left hand. Anchor the Pillar of Light in the heart of the Earth and allow it to travel up through the planet, into the floor, up through the ceiling, and out the roof.

Now open your awareness to the presence of your Masters, Teachers, and Loved Ones. This sense may be strong or subtle. You may have a sense of an atmosphere quieter than your normal, everyday state. Ask your Masters, Teachers, and Loved Ones to show you, through images or sensations, ***a sense of your relationship with authority throughout your lifetimes.*** Scan lifetimes when you were a positive, powerful authority figure, and others when you were a negative, maybe even terrifying, authority figure.

Take in a long drink of yourself as an authority figure through time. Your objective here is to survey the trends, trace the tendencies. What are the recurring elements in those lives? Are they occurring still? Observe whether they are helpful or troublesome. Just make note; describe what you detect. Notice that dominant responses and interpretations of authority through time often run in phases, like clusters of centuries exploring a similar theme. Good.

Move through those lifetimes when you were in complete harmony with authority, when it did not dawn on you that it could be otherwise. Then move through others when you were in conflict with authority. Maybe you fought it and were beaten. It's possible you led rebellions against prevailing authority figures. It happens.

Now, just let those stories fade away. Concentrate on the whole story of all the many scenarios that involve you and authority. What did you learn that is useful about who you are now, and the details of the life you are living? This should deliver you to a crossroads—where you can move from one point of view toward another.

At this time, ask your Masters, Teachers, and Loved Ones to bring to your awareness the lifetimes that are influencing this one. Not all lifetimes have the same impact on the present. There are a few that really count now. They provide the context—the soundtrack—for your current personal dance with authority.

First, let's find out, from your spiritual support team, ***a lifetime when you were a positive and powerful authority figure.*** You can use your Pillar of Light to illuminate this individual. Take a look. Perhaps you can see who you were. Get a sense of time. What was your realm of authority? You may have been a political figure, a religious figure, or a great businessperson. Trust whatever comes into your mind, as it is given to you at this time for a reason. Notice how you feel about this individual. What decisions and actions did this person make and take, that you now consider them a good authority? Find out what wisdom this individual has for you about being a positive authority figure that can assist you in this lifetime. Listen for any insights that he or she may communicate with you directly or through your Masters, Teachers, and Loved Ones. Either way is fine. As you are in the presence of this individual, open your heart and extend him or her kindness and respect. Take a moment to allow yourself to love who you have been in another time and place, appreciating your contribution to the

world. For now, let that individual go.

Next, ask your Masters, Teachers, and Loved Ones to bring your attention to ***another lifetime in which you were a negative authority figure.*** Ask to be shown this person; notice the details. Keep this individual within the Pillar of Light. Who were you? Where were you? Sometimes, just the continent is specific enough. What was the time frame? (Within 100 years is fine, at least up until the last century, in which case see if you can discern which decade.) What was your realm of authority in this incarnation? Were you a religious authority, a military leader, a parent, a professor, a doctor? What were you doing that was so terrible? What convinced you that this was an effective strategy? You would not have engaged in threatening behavior unless you believed that it was the best way to achieve your ideal. Notice how you feel about this person. There is something this person knows that may bring clarifying light to the situation. What does he or she know about being an authority that can be useful to you in this lifetime? This person can speak to you directly or through your Masters, Teachers, and Loved Ones, whichever is better for you. Receive the blessing of this wisdom. Let it inform and deepen your own take on authority. For a few moments, open your heart, to the best of your ability, to extend this individual kindness and respect for who you were at that point in time, contributing to the whole of life. Now let this go.

As you sit with your Pillar of Light, ask your Masters, Teachers, and Loved Ones to bring to your awareness ***a lifetime in which you had a terrible conflict with authority.*** See again who you were, and in what time frame. You may see this as a very strong visual image or maybe just as a sense of the person and his or her temperament. What was your complaint about authority? What was the nature of the difficulty? What did you do about it? As you linger here, find out, either from this individual or through your Masters, Teachers, and Loved Ones, what he or she knows about authority, about being in relationship with it. What convinced you that maintaining conflict was a wise notion? What knowledge can be beneficial to you in this lifetime? Be open to receiving this person's message. Notice how you feel about this person. Are you shocked by what you learn? Do you feel sympathy? Spend a few more moments with this individual whose conflict with authority has governed his or her life. To the best of your ability, give this person the benefit of the doubt.

Now, take a moment, focusing on your timeless connection with this individual, extending the kindness and respect that you always deserve to who you were in that place and time. It is so important to be gracious when connecting with our prior selves. The wisdom we gain came at considerable cost to them. Now let this go. Just leave it be; simply by redirecting your attention, you facilitate dissolution of images and ideas.

Next, request that your Masters, Teachers, and Loved Ones bring into focus ***a lifetime when you were in complete harmony with authority.*** For some inexplicable reason, you accepted your place in society and the authority of your superiors in every sector of life. See this individual in that Pillar of Light again. When was this? Where? Look and see all the ways in which you honored the authority in your life. What did you know or believe about authority that empowered you to flow in this way? What ideas did you have about yourself and your role in life that supported this way of being? What did you do about it? What did you know? What action did you take? How did you conduct yourself with regard to authority? How do you feel about this person now? This is your opportunity to find out what he or she knows about being in a right relationship with authority that can support you in this lifetime. Then, take a few moments to extend this individual kindness and respect and appreciation.

Keeping your Records open, take a step away from the action for a few minutes to assess what you are discovering. It may be the crucial particle of knowledge keeping your hopes alive in the here and now. Reflect on your notes. Look for patterns emerging throughout lifetimes. Does anything you observe about your dance with authority through the ages give you new insights into situations you face

today? Can you see that every approach to finding suitable relations with authority was always, without exception, the best idea you had at the time? Excellent. At this passage, you are aware of your patterns, more accepting than before and uncovering good reasons to appreciate yourself for selections you've made. We are three-quarters of the way through our transformational protocol. Wonderful!

Take a second now and redirect yourself back into the Records. We are moving in a different direction for this reflection. Let's go back to the Prayer to strengthen us as we shift our weight. Just go to the third stanza; it's very powerful. Say it out loud: "Help me to know … The Records are now open." Good.

Now, take the Pillar of Light that you set up and shake it a little in your mind's eye. Again, lining up with your personal Pillar of Light, settling in with your Masters, Teachers, and Loved Ones, ask them to reveal to you—through images, sensations, or a sense of knowing—***your relationship with authority in this lifetime.***

In this lifetime you have been in various positions of authority that were positive, empowering experiences. See what those were.

Now, tour the pattern of conflict with authority. (The first round of conflict was probably when you were two years old, the age of burgeoning independence and self-awareness.) There can be both appropriate and inappropriate conflict with authority. Look for both.

Next, ask to see other times when you were being productive, when you were in alignment with authority in this life.

Refocusing, have your loving Masters, Teachers, and Loved Ones show you another time in this lifetime when you were in conflict with authority as you were growing into maturity. Good. Even in this lifetime, you have a full spectrum of experience with authority.

Bring your focus now to a phase or a very particular episode when you were in harmonious, productive, enriching alignment with authority. See where you were and what was going on, and observe the opinions you have about the authority figure and the circumstances. What did you assume to be true about authority? About yourself? About your situation? What made it possible for you to enjoy such a rich relationship? Take a moment to extend yourself kindness, respect, and appreciation … then let it go.

Now ask to be shown a time when you were in a position of authority, and you were not a very good authority. Take a look and see what was going on. What made you a negative authority figure? What did you assume was true about you that caused you to be an ineffective authority figure? What convictions did you have about authority that made it highly unlikely that you could do a good job? Can you get any sense of how it was beneficial for you to be a negative authority? Or, how it would be harmful for you to succeed as an authority? Look at that. Now, with your Masters, Teachers, and Loved Ones, extend yourself the compassion and honor that you always deserve.

Finally, bring to your awareness a time in this lifetime when you were a really wonderful authority. Get a glimpse of what you were doing. What were you thinking? What enabled you to be an authority held in such great esteem? Notice here the opinions, the judgments, and the evaluations you have of yourself as a positive authority figure. Here, too, we open up more than ever before, extending ourselves kindness and respect. Appreciate who you have been, how you have grown, and the profound commitment you've held in your heart for countless centuries in scores of circumstances.

Now, ask your Masters, Teachers, and Loved Ones to assist you in identifying an action, an appropriate action expressing the newfound truth of your understanding of authority, something you can actually do in the next few days. If it's too big, ask them to scale it down. It could be anything. Maybe sending a thank-you note to an old boss, a parent, a teacher.

This final step in our transformational protocol solidifies your work. You have begun to clear away

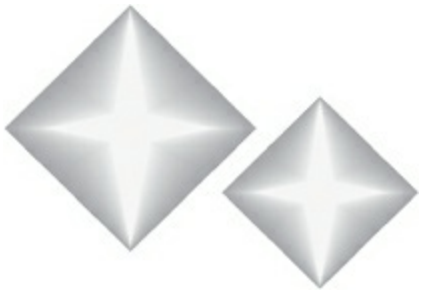
the old ideas and are ready to act on new, more timely ones. Your second Pillar of Light is strong, shining more brightly than in centuries before. Isn't it awesome? Here, take a moment to allow the variety of expressions of who you have been in other times and locations to move back to their rightful places. Acknowledge the contributions you have made, not only because of who you are but even in spite of yourself, knowing that it is all part of your awakening to your essential goodness and expanding your ability to love and accept yourself.

Let this go, and close the Records by reading the Closing Prayer: "The Records are now closed. Amen."

This is very exciting! You are now fully present and consciously aligned with authority, placing yourself in a position to receive all the energy life has to offer you. Being nurtured and sustained in an ongoing fashion, you can continue to give and share love with others. Beautiful! With a more conscious connection to the life force comes a new challenge: the amazing question of *What do I do with all this power?* And that, my friend, is the terrain of the next chapter. Come along with me to the pillar of discipline, where we will learn how to accommodate even greater dimensions of aliveness. Onward!

CHAPTER FIVE

PILLAR 3: DISCIPLINE



Discipline prepares you to analyze inner promptings, encouraging authenticity as you notice degrees of truth. Demonstrating your soul's path is a process, and discipline provides emotional safety as you allow intimate pieces of yourself to come forward, taking their place as part of your path.

Progressing through the first chapters of Part II, on our quest to shift to an ExtraOrdinary life, we have so far made peace with incarnation and all its opportunities and limitations and also learned to accept and align with authority, assuming our place in the Circle of Life. Upon coming into right alignment with authority, our being is naturally infused with power, energy, and aliveness. These adjustments have filled us with more life force than ever before. And now the question arises: What do we do with all this life force? How do we direct it? How do we ensure the right use of its power? The answer is discipline—our ally for managing this power.

Imagine a fire hydrant with gushing water, in need of a hose to focus and direct it in order to render it helpful as opposed to destructive. This is our precise issue! We must find a way to develop supportive structures, both internal and external, so we can effectively accommodate all this power. Here is where discipline enters the picture as the third point of our five-pointed Star. Without suitable discipline, we can run amok and squander energy. With appropriate discipline, we stand in a position to use the life force to make a positive difference.

The Confusion of Discipline

Many people find that discipline, when explored from a spiritual angle, is nothing at all like they imagined. Thank goodness! Let's get clear about what discipline is and hopefully dissolve some misunderstandings complicating a surprisingly simple idea. From the Latin word *discipulus*, *discipline* means "pupil" or "learner." Learning requires listening. Discipline quiets the mind so we can hear deeper truths: the voice of the Innermost Self, and, ultimately, the voice of the Divine.

For many of us, the concept of discipline has earned a bad reputation, and for good reason, as it is often confused with punishment. Some of the confusion and consequent distress about discipline is rooted in childhood punishment; many of us have suffered a form of discipline characterized by harsh, shaming (and sometimes even harmful) responses by adults intent on curbing unwanted behavior.

Let's clear this up right now: From an Akashic point of view, everyone is always doing their absolute best, so punishments can be seen in this same light. Through this lens, we trust that this discipline was the best idea our parents (or anyone, for that matter) had at the time. Popular for centuries, strict parental discipline was believed to be the most effective way to encourage good behavior and mature growth in children. We now know that pain and shame rarely produce favorable results. Of course, imperfect though they were, our authority figures sincerely thought harsh treatment to be an optimal parenting strategy (even though it may have been terrible, awful, mean, cruel, and wounding—it was definitely outright punishment!). No one knew any better.

In actuality, discipline is a condition of order. A "discipline" refers to a set of methods of repeated, systematic thought or strategic behavior intended to elicit a particular pattern of thought or behavior, establishing order. Repetition builds a solid and steady structure, whether inner or outer, giving us strength and support. These supportive structures of thought and behavior serve as passageways through which energy flows both from *us* out into the world and from the *world* to us.

Considering our overarching goal of shifting from ordinary to ExtraOrdinary living, we see that discipline supports us as we make this transition, by creating an internal channel for managing the life force and ensuring its appropriate expression. Energetic structures constructed through

discipline make it possible, and even elegant, for our Innermost Self to emerge from the depths of our vulnerable, powerful soul, engage with the world, and return home safely to the central Pillar of Light. Simultaneously, these structures allow the riches of life to move toward us in ways we can receive.

When we have true discipline, it's a relief. Without discipline, mayhem reigns. Internally, we struggle to determine which prompting to heed or choice to make, or debate the merits of one decision or another. This can go on endlessly, leaving us stuck and immobile. On the other hand, we may do just the opposite: just pick something and hope for the best.

Both of these methods of relating to the world occasionally work but most often create more chaos. Amid the noise and clatter, it is easy to become afraid and even overwhelmed with indecision, self-doubt, and anxiety. Trust and confidence plummet, allowing our worst fears to come into view. The cycle is set and we are caught! Discipline offers us another way.

We learned from studying authority that there is sufficient power to meet every challenge that life presents. Discipline is exactly what we need in order to develop orderly, systematic approaches for maintaining our sanity and productively engaging in the world. Discipline provides an effective structure of the reciprocal exchange of life force. Repeating thoughts or actions, we construct energetic pathways through which energy travels. One lone thought does not build anything, but a group of persistent thoughts and/or regular actions combine to form the boundaries of these passageways. These resulting boundaries direct, but do not create, energy. Unlimited energy exists; it is up to us to harness it to serve our souls.

In practice, this is quite simple to apply in everyday life. For example, I used to agonize about breakfast: what to eat, what time to eat, and so on. Much of my early morning was devoted to this inner debate about the merits of a good breakfast. Frankly, it was exhausting and often resulted in me going back to bed or skipping the meal entirely. One day, however, I decided to eat breakfast when I awoke, and limited what I could eat to two choices.

Thirty years later, this disciplined approach to eating breakfast is part of the fabric of my everyday life, with amazing results. Mornings are peaceful, and I even have time to meditate. On one hand, I developed more structure, and on the other hand, I unexpectedly increased the amount of time I had, allowing me the freedom to add another disciplined practice, meditation. All in all, this has enhanced my life, day by day. Discipline moved me off the

“debate team” and into a steady practice supporting me and shifting me into the flow of my day.

Taming the Ego

Before we move on, allow me to say a word about the much-discussed ego. Finding your way into a positive relationship with your ego is absolutely necessary on this spiritual path. Sometimes your greatest adversary and yet fundamental to survival, the ego operates as the internal mediator between your Innermost Self and Earthly reality. It also serves as the agent distinguishing us from other individuals.

A healthy ego provides our identity, and an unhealthy ego can be a source of torment. Most of us have a combination of healthy and unhealthy aspects, with a blend of functioning patterns. Bolstering fragile egos is not the point of this process, but we do need to find a way to address what can be a difficult situation.

Discipline is the answer. Discipline tames the ego, without squashing it, leaving it intact to do its job assisting us as we navigate the human realm. Energetic boundaries woven by discipline keep the ego in its place.

A Transformational Container

Transforming from ordinary to ExtraOrdinary living is a state change, requiring discipline. By *state*, I mean condition or status. Consider the example of converting ice into steam, a change of state of matter. In order for it to happen, *a container* holds the ice while it moves from one state to another. Put the ice in a pot and turn on the stove, and you notice a change as the ice heats. Increased temperature causes this change in matter as the molecules move from a dense state to an expanded state, from ice to water. The steady pot holds the space for this transformation.

The next move is from liquid to steam as the molecules break open even more and move faster. The pot continues to hold the water steady as it makes the shift from liquid to gas. This is a dynamic transition evident as water molecules crash into each other, banging against the pan, creating bubbles.

The pot facilitates the change.

In our case, the transformational container is discipline, offering strength, stability, and boundaries—the signatures of this Pillar of Light. Within the confines of discipline, transformation successfully occurs.

Another example is physical exercise, which, when done over time, enables the human body to undergo a state change: shedding excess weight, becoming stronger and more toned. Disciplined behavior—in this case, a systematic workout plan—establishes a structure through which the human body changes.

Passing the Triangle Test

In order for a discipline to take hold and support us in preferred ways, it must pass the *Triangle Test*: heart, mind, and will must agree about the value of the discipline and be willing to participate. (The Triangle will be discussed at length later in Part III.) When all three of these aspects are included, a discipline is sure to be sustainable. If, however, a discipline does not resonate in all three inner aspects, it is unlikely to succeed, no matter how great the necessity or desire.

Let's consider this further. We have all struggled with discipline and know how confounding it can be. Perhaps we tried it for a few days or even a few years, but nonetheless, the discipline did not persist. What is this about? Why can't we simply develop a new pattern of behavior or thinking and make it stick? We find that answer in the Triangle.

For example, when a discipline seems like a good idea at the level of mind, it can hold for a while, maybe two days or two months, but if we don't have an emotional link (heart) to the idea, or if it doesn't inspire us to take action (will), then it won't stick. Mind. Heart. Will. All three must be involved to create a sustaining, successful discipline.

Another challenge that can be subjected to the Triangle Test is when we have a difficult choice to make. Sometimes we believe we "should" already know what to do, but we just don't. It's only fair to give ourselves a chance to examine, explore, and experiment with the options before us. Often, considering a brief enactment of an idea, activity, or experience in lieu of the Triangle Test is enough for us to determine its suitability. In the Records, we

see that we make so many selections within a lifetime that decision-making is an essential component of our evolution.

AKASHIC REFLECTION: DISCIPLINE IN THE RECORDS

Let's move into your Records, with the purpose of making fundamental distinctions about your understanding of discipline. Generally speaking, you want to identify old understandings and let them go, seeking more appropriate interpretations that can serve you better.

Get your Prayer and join me: "And so we do acknowledge the Forces of Light … The Records are now open."

As is our custom, take the first few moments to acclimate to the Akashic atmosphere. Scan your surroundings to see if you have a sense of the presence of your Masters, Teachers, and Loved Ones. Try to discern if they are in front of, behind, or beside you. Establish a Pillar of Light about arm's length in front of you. If you're right-handed, you'll do it to the right. If you're left-handed, do it to the left. Use this Pillar of Light like a viewfinder offering the scope of your incarnations. With the Pillar of Light, it is easier to zero in on particular times, places, and instants.

At this time, ask your Masters, Teachers, and Loved Ones to help you see, sense, or perceive ***the progression of your relationship with discipline throughout time***; survey this unfolding. There may be a whole series of lifetimes when discipline was quite negative, and other times when it was more positive.

Request that your Masters, Teachers, and Loved Ones bring to your awareness, through the Pillar of Light, ***a lifetime when you had an experience with discipline that was so terrible, it is still influencing you to this day.*** Try to see who you were, and maybe get a sense of when. Sometimes this is significant; other times it's not important. What counts most is your encounter with an insight or truth standing outside of time. What happened that made discipline so negative and impactful? Perhaps you were restricted or unfairly punished. Check to see if it was really harmful or simply uncomfortable. Find out as much as you can from the individual from that lifetime. What does this person want you to know about discipline? Is there a message to be shared? Probe as you can; then let this individual go. Simply release him or her by taking your attention away, but keep the message close.

Next, ask your Masters, Teachers, and Loved Ones to bring into your awareness, through the Pillar of Light***, a lifetime when you had a positive experience with discipline.*** You want to see a picture or get a felt sense of the individual from this incarnation—who you were, when, where, and any other information. It's common to get only what you need to make sense out of the specific issues. What made it a positive or favorable experience of discipline? How did you benefit? What enabled you to call it positive? Was it something about the particular discipline itself, or was it something about the results it produced? See what information this individual has for you about this. What does this individual know about discipline that can be useful to you at this point in time? Again, taking note of the message, allow that person to depart your awareness.

We are moving now in another direction within the Akasha. Please join me in rereading the third stanza of the Prayer, strengthening our roots as we continue to grow: "Help me to know … have for me."

The subtle shift is identifiable based on the degree and direction of shifting itself. Sometimes we feel it much more than other times; this is determined by where we've been and where we're headed.

Expect it to change. You may have a sense of moving a little bit to the right or to the left, or it might be like inching upward.

Staying with the Pillar of Light, scan this current lifetime. Ask your Masters, Teachers, and Loved Ones to bring to your attention ***your general patterns of discipline in this life.*** You certainly have both positive and negative experiences; you have both success and failure. We all do, of course. We are looking for general patterns. Notice your usual response to discipline, whether it is acceptance or rejection or some combination. Perhaps there are certain disciplines that you find easy and others that are more challenging. Your aim is to expand your awareness and move into acceptance.

Ask your Masters, Teachers, and Loved Ones to bring into focus ***a time in this lifetime when you were particularly confused about discipline.*** Is there an experience when you confused discipline with punishment? Examine what happened. Please remember to be kind and compassionate toward yourself. Can you see where you were vulnerable in your understanding? You may even be able to detect how this has affected your relationship with discipline for this whole lifetime. Extend to yourself the loving sentiment "Of course you were confused. Everyone around you was confused, too. You came into this lifetime to resolve this confusion!" This is the time to let that go.

Mind, Heart, Will

Next, request that your Masters, Teachers, and Loved Ones bring to your awareness ***a discipline that was very strong in your mind.*** You thought it was a great idea, and indeed it was, but your heart wasn't in it and so never warmed up to it. Your will, uninspired, did not bother to participate. Take a look. See how long that lasted for you. Maybe you could not get out the front door. Notice your confusion and distress in this situation. Can you see that it could not succeed? Extend yourself kindness and respect for your willingness to be honest. Then, let that go.

Now, consider ***a discipline that was a deep desire of your heart*** —you loved it! You thought it would be great. But the fact is, your mind thought it was a little silly. Maybe it was totally impractical. You were enthusiastic at first, but upon contemplation, your mind was not convinced and neither was your will. You had no force behind the discipline. There was no momentum. See what that was and how long it lasted. Good, now let that go as well.

Then, consider ***a discipline that your will embraced***: I will do this. This is the right thing to do, and a good thing to do. Think about a discipline you began with great will behind it, but your heart wasn't in it and neither was your mind. How long did it last? What happened? Remember to show yourself compassion. Now, let this go, too.

We are gathering awareness of patterns, events, and our responses; observing your relationship to discipline; and attempting to find supportive strategies and uncover explanations for not meeting your, or others', expectations. Noting what really happened moves us into acceptance. Appreciation is our next step here, especially seeing that we have been participating in a process of discovering what constitutes sustainable, enlivening discipline, and what does not. Acknowledge yourself for the heroic inner work you are doing. Appreciate your courage, honesty, and dedication to yourself. Excellent.

Keeping your focus in this lifetime, ask your Masters, Teachers, and Loved Ones to show you ***a negative experience of discipline.*** See what happened and why you determined it was negative. What made it negative for you? It could very easily be any one of the examples we just looked at. See if they have a message for you about that experience.

Letting that go, ask them now to help you identify ***a positive experience with discipline in this lifetime.*** Again, consider what was involved that made it positive. See what message your Masters, Teachers, and Loved Ones have about this. What do they want you to draw from this?

Now, we move on.

With attention on yourself at this point in your life, with awareness of you as an incarnate being in harmony with yourself, ask your Masters, Teachers, and Loved Ones to help you identify ***a discipline that would make a significant difference if taken up in your life right now,*** an appropriate action expressing your Innermost Self. It might be something big or small, yet powerful. What does your mind think about this? Is it a good idea? Does it make sense to your mind? What does your mind have to say about the recommendation of your support system? Next, take it to your heart. How does that feel? Does their idea open and soften your heart, or does it make you want to shut down or push it away? Notice your feelings about this. Finally, bring this idea to your will. Does this suggestion inspire action? Or does it make you want to slam the door and say forget about it and go back to bed?

If, indeed, the suggestion from your Masters, Teachers, and Loved Ones passes the Triangle Test, it's time to launch a fresh initiative undertaking this new discipline. However, if the suggestion is strong in only one corner of the Triangle, request another. Discuss these things with your Masters, Teachers, and Loved Ones. You can say, "Listen, it's very strong in this area but not in that one." If you have to repeat this particular part of the reflection a few times until you arrive at a discipline that passes the Triangle Test, go right ahead. This is not a race. Take your time.

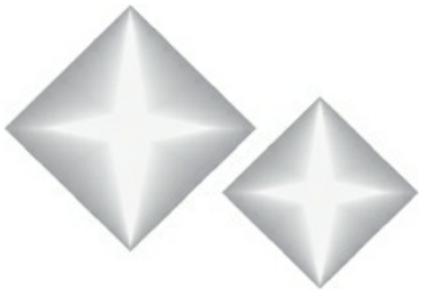
We are coming to the end of this reflection. While here in your Records, having covered this sacred ground, bring your focus to the idea that a discipline is a repeated pattern of thought or action, cultivating an energetic structure through which you have easier access to your Innermost Self. Appropriate disciplines tame the ego, making it easier for you to listen and learn. Listen to the prompting of your soul, follow the guidance given, and pay attention as life unfolds. Learn to make distinctions among disciplines, accept your alignment with authority, enjoy the inflow of life force, and be exactly who you are this time around.

For now, let this go and close your Records: "I'd like to thank the Masters, Teachers, and Loved Ones … The Records are now closed. Amen."

Take a few minutes to transition back into your day. Find a way to refresh yourself—stretch, drink some water, walk around the block, or do whatever feels right. Be very kind to yourself. Inner exploration is the last frontier—rewarding but requiring effort and concentration. You are here because of your commitment to knowing your soul, responding to the prompting of your soul, and expressing a profound dedication to living your life authentically. Indeed, this is your time, and discipline is your friend. Surely you are here to manifest your soul's destiny. Onward!

CHAPTER SIX

PILLAR 4: RESPONSIBILITY



Your relationship with your responsibilities tells you a great deal about your present connection with your soul's path. Through your responsibilities, your individual route emerges, linking you to others on their paths.

Discovering your spiritual relationship with discipline is monumental and, for many of us, downright heroic, so congratulations are in order. But there is more in store, so celebrate responsibly.

Responsibility. Discipline and responsibility. Just writing these two words used to be stressful for me. On our tour of the five-pointed Star, we are now in the thick of it. Luckily, this is as dense as it gets. Neither of these topics is warm and cuddly, but both are fundamental to our success as spiritual beings on human journeys.

Responsibility encompasses many facets, including the spiritual opportunities of our soul-level responsibilities, their distinction from false responsibilities and tasks, and the role of guilt. As we proceed, let's keep in mind that the stronger our structure, the more light we can handle, facilitating our transformation from ordinary to ExtraOrdinary living. Staying the course in the challenging stretches ahead will pay amazing dividends. Together, we can do this. Let's continue.

Answering the Call of Responsibility

Discipline sets up a pathway for a reciprocal exchange of energy that supports us in our efforts to bring forth our gifts, talents, and abilities in everyday life. It seems that there are things we "should" be doing, and, in a way, this is quite true. Many of us sense that there are reasons for our Earthly walk beyond what we see, drawing us to certain people, tasks, and activities, and giving us ample reason to live. These reasons come under the category of responsibility—the fourth Pillar of Light on our five-pointed Star. Within this crucible, our personalities undergo desired change. Indeed, the purpose of responsibility is to transform our personalities into optimal vehicles for the transmission of light.

Addressing responsibility, we place ourselves in a position for identifying our limitations—outmoded thoughts and actions—which must be released, as they no longer benefit us. Graciously relinquishing old ideas opens up necessary inner space for the enrichment of our gifts. Personal talents and abilities flourish with increased light, awareness, and attention. Through participating in our soul-level responsibilities, we grow into our best human selves.

We see the word *response* in responsibility, indicating its relation to responding, but to what? Why? How? Being responsible is having an obligation, a duty, and a commitment to respond, or reply; it implies trustworthiness. In friendship, people rely upon one another for emotional support in trying times, whether a listening ear or a place to stay when a storm takes down the electrical power. If I am responsible, I can be counted on to respond in a way that improves a situation rather than making it worse.

In order to respond, we must be sufficiently aware of what is happening, recognize a need, and take action. Without awareness of need, there can be no response. This raises some questions: How does awareness originate? Why is responding so compelling? How do we identify responsibilities and take appropriate action?

Soul Patterns and Other Influences

Looking to the Akasha, we see that the organization of the Records

provides a great deal of guidance with regard to our relationship with responsibility. Every set of Records has two components: the *catalog of lifetimes* and the *blueprint of our soul.* The catalog of lifetimes is the succession of our past lives as well as the present, through which we awaken to the blueprint of our soul. The blueprint of our soul is always there; over time, we become aware of this permanent pattern that holds our highest potential and optimal possibilities, the pinnacle for our travels as humans. It is the etching or imprint of the very best of who we can be, who we are destined to become.

The blueprint of our soul, a.k.a. our soul pattern, is an essential component in our selection of *soul level*. By soul level I mean a deliberate choice made by our soul for the express purpose of awakening to our own goodness and facilitating the refinement of our being. We all have scores of responsibilities; some are obviously satisfying and others are not! What sets our soul-level responsibilities apart from the garden variety is that through them, no matter how difficult, we experience significant personal growth. They are determined prior to our arrival on the planet.

Determining specific responsibilities in any given lifetime is based on our eternal soul pattern and potential, in association with our human personality. Of course these components of our being are factored into the equation. The universe wants us to succeed! The soul pattern, or blueprint of the soul, is demonstrated over time. It is permanent. Soul-potential is our ideal for this particular incarnation. It is who we are becoming in this incarnation, the optimal possibilities given who we are this time. These possibilities are destined to manifest as we become consciously aware of them. So then, this is our quest: to develop our traits, abilities, and characteristics serving our soul, and refine them to perfection.

The co-creative partnership between our soul and the Source, aided by our Masters, Teachers, and Loved Ones, determines our soul-level responsibilities. This occurs in between incarnations, when we visit the Zone of Choice. Fundamental decisions are made there, ranging from the soul's purposes to individual human identity. Selected as opportunities for refinement and transfiguration of our personality, soul-level responsibilities are ours until fulfilled. None of us can give another person soul-level responsibilities, and none of us can take them away. For each of us, these responsibilities are a proving ground for releasing outdated beliefs and limiting behaviors, then cultivating new awareness—in the end, enhancing

our human character.

Responsibility is a key concept in our shift from ordinary to ExtraOrdinary living. Through our soul-level responsibilities, our personalities become more mature and transform from fear-based self-centeredness to appropriate self-love. We learn how to make the best practical use of our natural inclinations, tendencies, and preferences. The raw material of our personalities is tempered, and, as a result, more light shines through.

For example, desiring to make others happy or to please them is a perfectly valuable trait. Unconscious of its presence, however, we can become people-pleasing puppets that are easily manipulated by others, resulting in misery. When addressed consciously, this desire enables us to find ways of bringing great joy to others without unnecessary self-sacrifice, and this is very satisfying. In another example, an individual may have natural managerial talent but be unaware of it or unable to develop it, which can turn him into a control freak. With conscious awareness, that same ability can lead him to managing an efficient company capable of providing vital goods and services to the community.

Accepting the responsibilities we have and striving to fulfill them is an amazing path for change. We are transformed when we:

- Become *Aware* of a need,
- *Accept* our inner prompting to respond,
- *Appreciate* the opportunity, and
- Take *Appropriate Action.*

Growth comes from actively fulfilling our responsibilities to the best of our ability.

As spiritually developing beings whose awareness is constantly expanding, we naturally recognize our own needs and those of others. Our interdependence becomes obvious. We realize that we are here to actively support one another along the way. None of us can make this journey alone—it is designed for us to walk together, giving to and receiving from one another. Our established personal disciplines make it easier for us to hear and accept the promptings of our soul, the nudges and guidance encouraging us to respond.

Through participating in soul-level responsibilities, we grow into a greater

appreciation of our own gifts, talents, and abilities, as well as those of others. We take our place in the tapestry of human community. Appropriate action completes the process by activating peace, harmony, and resolution. It also releases all participants to move along to their next Divine appointment.

From Responsibility to Destiny

A few years ago, a client came to me with a list of challenging responsibilities weighing heavy on her heart. She was caught between fear and an urgency to take action. Her son was exhibiting signs of mental illness, which terrified her. A bright woman, she recognized a severe problem emerging but worried what people would think. She was troubled about his future, her future, and a full range of potentially dreadful possibilities.

With my encouragement, she took an Akashic perspective on the situation and turned it into an opportunity. Over time, by taking classes, meeting with doctors and school administrators, and progressing one step at a time, she grew into her potential. Eventually, she educated herself about her son's condition, advocated for him throughout his entire academic career, connected with other parents in similar situations, led a support group in her community, and spoke out publicly to raise awareness.

I found it remarkable that this woman was transformed by responsibility from a distraught, nearly hopeless human into an effective advocate, loving mother, and admired community leader. She discovered that what she initially thought to be punishment (for being a terrible parent in a previous incarnation) was an amazingly positive path to her destiny. Her efforts enabled her son to receive necessary services and grow into his own potential. I was inspired!

As humans, we have responsibilities that are often not a matter of conscious choice. They seem to find us, often when we least expect. It's not unusual to wake up in the midst of a lifetime to discover ourselves fully engaged in a tight array of responsibilities from which we seemingly cannot escape. And walking away would bring even more misery and guilt. It's a good idea to consciously choose responsibility once we realize that it is ours. Although that may seem superfluous, recognition and acceptance encourage the flow of power and enable us to do what we are here to do. Avoiding

conscious choice thwarts the flow of power, as we learned with authority, and deprives us of energetic resources we need to fulfill our responsibilities.

False Responsibilities, Tasks, and Guilt: Making Distinctions

Being able to distinguish soul-level responsibilities from *false responsibilities* is a skill that can make a world of difference. Spiritual law holds that everything selected at the soul level is possible—it may not be easy, but it is doable. Our soul-level responsibilities are never beyond our abilities or resources; we *always* have enough energy and grace. Willingness provides access to the power we need, and striving in this way becomes nurturing. Being busy does not exhaust us because we are in the flow of life.

For example, when caretaking is a soul-level responsibility, grace expressed as energy helps us meet the need. If someone we care about is in distress, our response is remarkable. Somehow we can awaken in the middle of the night to care for a sick child, night after night after night! And as if by magic, we find time to visit our ailing father every day despite it being in the middle of our busiest season. Seemingly impossible acts become possible when we accept soul-level responsibility!

Another issue here is peace of mind. When a responsibility is truly ours, we have a sense of personal peace and freedom, no matter how difficult; this flows from our belief that it is the right thing to do.

On the other hand, there is *never* enough energy and sufficient resources for a false responsibility. False responsibility generates tension and distress and is never satisfying no matter how much time, attention, money, and other resources we dedicate to it. The only path to peace in that case is acknowledging that the responsibility is not ours and, so, must belong to another. We will work with this in our reflections below, but for now, know that false responsibility is always based on confusion. As confusion is resolved, we are released. There is no malice involved.

There is another pertinent distinction we need to make within soul-level responsibility: *task* versus responsibility. Personally, I am the one responsible to care for my mother, who lives close to me in a senior center. Having the responsibility does not mean that I am the one who personally has to perform every single daily task; arranging for her care is sufficient. This is one of my

soul-level responsibilities, and somehow I am able to meet it no matter what else is occurring in my own life.

Allow me one last short digression now on *guilt*. Guilt is another matter altogether and serves as our guide to fulfilling our soul-level responsibilities. There is, of course, guilt run amok, which is destructive and rooted in shame and cannot be stifled by action. This is the type of guilt we want to avoid practicing. Appropriate guilt is, well, appropriate! The haunting feeling of incompletion that dissolves as a responsibility is met is both appropriate and constructive. Pay attention to whether your guilt is quenched by action (in which case it's a friend) or when nothing appeases its incessant clamoring (which may require exploration in the Records: look for the exact nature, point of origin, and how this guilt may be assisting you in revealing your soul's goodness).

AKASHIC REFLECTION: RESPONSIBILITY IN THE TERRAIN OF THE AKASHA

Let's move into your Records now: "And so we do acknowledge the Forces of Light … The Records are now open."

Scan the space around you. Consider whether your sense of the presence of your Masters, Teachers, and Loved Ones is strong or more subtle. No worries; either way is fine. It may be a sense of sanctuary, which in its own quiet way can be compelling.

We will be using our Pillars of Light, so establish a Pillar of Light about arm's length in front of you (either to the left or to the right) in your mind's eye.

Request that your Masters, Teachers, and Loved Ones initiate a panoramic sweep through time. Ask them to focus on ***the moments when you awoke to soul-level responsibilities.*** Request that they help you identify a specific situation when your awareness broke open. See if you can catch a glimpse of any of the particulars. What was the catalyst for that moment of awakening? What kind of a shift did it cause? How has this impacted your journey over time? Give yourself ample time to explore this particular awakening and its transformational value for you. Note your discoveries along the way by writing them down.

Now ask your Masters, Teachers, and Loved Ones to help you pinpoint ***a lifetime in which you were committed to avoiding responsibility.*** You didn't want any part of it. You chose to ignore or deny it, to escape responsibility. Locate this experience to the best of your ability, at least to the point of getting an impression. Who were you, when and where, and what was going on for you? You were compelled to deny responsibility—what was that about? What ideas did you have about responsibility that drove you away from it? Were there ideas you had about yourself that made it impossible for you to warm up to responsibility? And what were the consequences for you? For the people around you? What does the individual from that lifetime want you to know about responsibility that will benefit you in this current lifetime?

Consider ***another lifetime in which you thoroughly enjoyed responsibility.*** You had no resistance, reluctance, fear, or concern—only willingness and acceptance. Get a sense of who you were, when, where, and what empowered you to open up to responsibility in this way. What did you know or believe to be true about responsibility? What did you know or believe to be true about yourself? What

were the results of this approach to responsibility for you and others? What knowledge can you glean from this lifetime to support you in this incarnation?

All past lives that make themselves known to us have something to share that will help us now; otherwise they would not draw our attention. Each time you get a sense of the message, let that voice diminish into the background of consciousness.

Ask to be redirected. Bring your attention within your Records to yourself in this lifetime. Notice the direction. Perhaps you will be looking up a little bit, or maybe a bit more to the right. There is an internal terrain here, a sort of geography of the Akasha. It is helpful to pay attention to the direction of areas of exploration. Being familiar with the realm will empower you to mine even greater depths of the Akasha.

Focusing on this lifetime, make some distinctions between soul-level responsibilities and false responsibilities, and consider any confusion you might have about these. Using the same Pillar of Light, ask your Masters, Teachers, and Loved Ones to help you become aware of what normally happens when you get caught up in false responsibility. How are you affected when this happens? What motivates you to get tangled up in false responsibility? What usually happens to you? What happens with the responsibility itself?

Consider an example that has occurred in this life. Ask to be shown the impact this false responsibility had on your relationship with yourself. You would not have taken this up unless you thought it was a good idea. Clearly, it was the best idea you had at the time. Why did you think it was wise to assume this responsibility? Whatever the reason is, just say, "Of course! That's what I thought. My intentions were good."

Leave that be, and continue with the reflection below.

AKASHIC REFLECTION: IN THE ZONE OF CHOICE

Any discussion about soul-level responsibilities would be incomplete without spending a few moments at the place where they originate: the Zone of Choice, where we make selections between incarnations. It is that platform from which we make choices that determine the course of our lives. So, take out your Opening Prayer again, and reread the third stanza: "Help me to know myself … have for me." Ask your Masters, Teachers, and Loved Ones to accompany you to the Zone of Choice.

Encountering a sense of movement, you may have a feeling of dropping in deep, or of moving up and beyond yourself. Either way is fine. You may feel like you're going somewhere, or that something is coming to you.

Once you find yourself at the Zone, step into the space you were at when, with conscious deliberation, you elected the soul-level responsibilities for this particular incarnation. Here your soul, in partnership with your Source and assisted by your Masters, Teachers, and Loved Ones, made deliberate choices about your responsibilities. Can you identify any of them?

What are the qualities of your soul-level choices? What were some of the reasons for these choices? Is there a particular pattern of personal development under way through these responsibilities? Are there more supportive resources available to you that you had not noticed prior to this meeting?

You may observe some responsibilities that have been met and are complete, and others yet to come, while some are unfolding even now. Consider the horizons of the lifetime that you have chosen and the compass-point significance of your responsibilities within it.

Stay in the Zone a few more minutes. Ask your spiritual team to help you identify the core karmic

responsibilities for this life. These include the responsibility to your own soul, to yourself—especially the expression of unconditional self-love.

Consider the responsibilities you chose for people whom you really love, whom you have known forever. This can include your children, parents, spouse, and friends.

Ask your loving guides for advice on meeting your responsibilities in this lifetime—especially any advice about how to become your optimal self. Keep in mind that our overarching collective life's purpose is to honor the soul's choice in partnership with the Divine to be who we are. For now we will let this go.

Let's get your Records closed: "I would like to thank the Masters, Teachers, and Loved Ones for their love and compassion … The Records are now closed. Amen."

Reviewing our responsibilities from the Altitude of the Akasha makes it easier to glimpse our own personal growth and development, viewing the transition into greater wisdom and maturity through our responsibilities. Additionally, individual responsibilities mark and define our role in the grand plan for humanity. This is the plan for the realization of truth that each and every one of us are individual expressions of God.

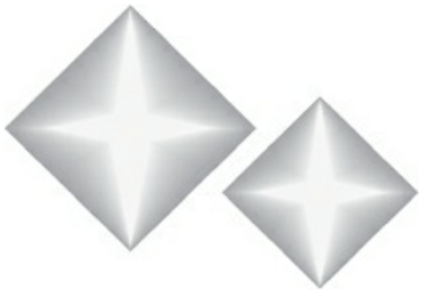
As we forge ahead into this new age of personal responsibility and spiritual maturity, this understanding is gaining momentum: Our ordinary life responsibilities, when experienced as our specific contribution to this higher purpose, empower us to perform our duties with greater love and awareness. Fulfillment of this plan will take many millennia, as each soul, up to and including every last straggler, will awaken. Ultimately, each of us will experience ourselves as a point of light within the greater light, and recognize that all others are points of light as well. This is part of our ultimate destiny.

Take a moment to extend appreciation to yourself for all responsibilities you have shouldered in this lifetime, true and false, successfully and not. All of them have been essential components of your path, your quest, and your discovery of the infinite love and light residing within. Responsibility is not particularly fashionable or glamorous these days, but responsibility is absolutely transformational. Please know that your courage in this exploration is heroic; your efforts are sure to be rewarded with enhanced harmony in your everyday life and relationships.

Good work, my friend. Onward!

CHAPTER SEVEN

PILLAR 5: COMMITMENT



Commitment is the very quality of consciousness required for you to stay the course, so that you can experience the satisfaction inherent in your own path. At every stage of the odyssey, from exploration to identification to expression, commitment holds you steady as you awaken to your soul's route.

At this point in the journey, we are gathering energetic momentum. With incarnation, we arrive; in authority, we align; in discipline, we establish supportive structures; finally, responsibilities carve our path. This movement brings us, breathless, to commitment!

Commitment is still, fixed, fierce—and the fifth point of light on the five-pointed Star. In the stillness of commitment, all the other elements gel; they integrate, harmonize, synthesize. Commitment allows us to stand back and let everything else settle in, allowing the whole unit to take shape, and anchoring each point of the Star surrounding the Inner Pillar.

Let's start this lesson by opening your awareness.

Truly sense being in your body. Tune in to the fact that you alone occupy your space. Notice how your feet are making contact with the Earth in this exact location. This is you. Now, direct your attention inward, moving into conscious alignment with your own inner authority. Sometimes this feels like a slide, or maybe a half step, as you move into line with your own authority, both within and beyond.

Take a moment now to assess the active disciplines, those currently weaving structures through which more life force can flow. At this point, assess the status of your responsibilities, the soul-level

responsibilities that refine your personality. Reflect on your transformation through soul-level responsibilities. Energetically, responsibilities strengthen the essential structure of the personality, while other parts blocking the radiance of your inner light dissolve. Let yourself get a sense of what it is like to be more radiant than ever. The light is also equally magnetic. As your radiance increases, so does your magnetism, in perfect balance. Stand here in this moment, aware, so that what is yours—and that which you need to realize your soul's destiny in this incarnation—can be irresistibly drawn to you, seek you out, and find you here, today.

Beautiful! Well done.

To commit is to entrust. Hands-on and passionate, commitment is a pledge, and yes, it is only a hair's difference from responsibility in nature but worlds apart in purpose. Responsibility defines our journey, and commitment determines the quality of our relationship to it by tethering us to our path. Without commitment, responsibilities are collections of tasks and activities; with commitment, these same tasks and activities become nurturing and enriching.

The simplest of gestures vibrate with meaning when done with commitment. Shuffling through an ordinary day with commitment, we allow hidden knowledge within routine moments to emerge, leaving us wiser. Commitment finds ways to work around and through difficulties; it provides velocity and momentum so we can rise in an upward spiral. An authentic "spiritual turbocharging" of results.

The Energizing Power of Commitment

What in the world is "turbocharging"? This is a scientific concept where transmitter and object return, give, and receive energy in a cycle. Scientists turbocharge atoms with light beams, adding energy to the chamber. In the same way, commitment adds energy to our lives. Things are quite difficult without commitment, leaving us with low energy, unmet challenges, and confusion and exasperation. Once we are fully committed, however, the path becomes a "closed system" returning energy back to us as we engage in our responsibilities.

Soul-level responsibilities define our path; commitment is the glue keeping us there, energetically serving as an air cushion under our feet. Commitment puts the bounce in our step, so to speak, as we travel along. I used to think that if I was committed to something, then it would be easy and effortless; that is not true. With commitment, effort and resources are still required, but,

thanks to the turbocharge boost, we become simultaneous givers and receivers—the path returns life force to us. Participating in our soul-level responsibilities, although demanding, is enriching, as we are rewarded with increased aliveness.

Commitments have an acclimation phase while old pledges dissolve. Denied attention, the energetic structures of old commitments atrophy and wither away when we focus our attention on new commitments. New commitments become rooted as we honor them with awareness, acceptance, appreciation, and appropriate action. Acting as adhesive, our commitments dramatically alter our connection to everyday tasks and activities.

Every path has a pulse. Once bound to the path by commitment, the energy of life embedded therein is released, nurturing us. Following along the very same path without commitment is draining and takes everything out of us; every boulder, rock, and pebble feels like a reason to quit. Commitment does not remove these obstacles because, actually, they *belong* to the path. The mystery and surprise of hardships, challenges, and hairpin turns are built into human existence! Rather, commitment opens a connection to valuable life force, empowering us to fulfill our destinies. Along with a pulse, each path bears gifts in many forms, including wisdom and inspiration. Once we are committed to a path, its blessings can and will find us.

Soul-Level Commitments, and Their Life Cycle

Now, there are soul-level commitments and lesser commitments. For our purposes, we are interested in the soul-level variety. Seen from the point of view of the Records, we notice commitments that we have been carrying for ages, literally from other lifetimes. Some span a series of incarnations; others link to our forebears and those who follow as part of our ancestral lineage. We have commitments to ourselves and commitments to our loved ones. There are many dimensions of commitment connecting us to those near and far, familiar and unfamiliar, and transcending time and geography.

Commitment at the soul level naturally engages mind, heart, and will. We know that when all three are harmoniously at work, a complete commitment occurs, guaranteeing success and satisfaction. In the chapter on responsibility, I shared a story about the mother of a special-needs child, who

came for a consultation. At the outset, I raised these questions in her Records: "What is the origin of the problem? What is the true nature of the problem? And how is it good for her? How is this dilemma empowering her to love herself unconditionally?"

The Altitude of the Akasha makes it easier to recognize magnificence. I saw a woman who wasn't being punished but who, in another lifetime, had been unable to help her child. As a woman in that culture, she couldn't take the lead. This was an opportunity to go beyond earlier limitations. Initially, she had very little confidence and no background in special education—but she possessed a fierce commitment to help her child! Through responsibility, she stepped into commitment; gradually developed her natural skills; and became her son's advocate, a support group leader, and a public speaker. It was beyond exciting to witness. This was powerful commitment! Her situation did not change as a result of our work in her Records, but her relationship with what was happening was transformed and *everything* in that regard changed.

Aligning with our soul-level commitments causes other options to lose their appeal, and they disappear from view. Before reaching this protected state, there is usually a transition time. Once a new commitment is made, its energetic opposite appears, handing us the opportunity to either cave in or grow stronger.

When committing to a program of healthy eating, for instance, you can expect someone to make your favorite chocolate cake. The moment of truth arrives: Will you be gracious and take the cake home for later (only giving it to a neighbor), or will you abandon your commitment to health?

Every time we take action to support our commitment, we become stronger, shoring us up to proceed on the new path. Saying no to distractions is powerful. Eventually, temptations cease.

Until we recognize that a limiting commitment has positive value, we are stuck with it! (Negative condemnation acts like Krazy Glue.) Remember, every commitment we had in the past, have now, or will have in the future is always selected as the best possible option at the time and supports us in some way. Perhaps it kept us or our loved ones safe. No person ever deliberately chooses a commitment to cause harm, and if that is the case, it is simply because it is the highest and best idea at the time.

We naturally grow past commitments that are no longer supportive but have become restrictive and limiting. For example, I had a commitment to a

spiritual study with a friend. It was enriching on many levels and certainly fun. After we had completed the course of study, we decided to sign up for a review because the people were so nice, the teacher insightful, and the material profoundly helpful. During the review cycle, I found myself bored with the material, irritated with the other students, and annoyed with the teacher's style of presentation. What had initially been a source of support and inspiration was becoming fuel for discontent. I had been supported by, and had grown through, my commitment.

As I realized that there was nothing "wrong" with any part of the class, or my new attitude toward it, I was free to acknowledge the immense contribution the process made in my life, and I left in gratitude, ready to identify the next segment of support in my soul's journey. Today's empowering commitment is tomorrow's draining restriction. This is the natural life cycle of every commitment.

AKASHIC REFLECTION: EXPLORING YOUR COMMITMENTS IN THE RECORDS

Let's turn to your Records, exploring this territory: "And so we do acknowledge the Forces of Light … The Records are now open."

Allow yourself to settle in. There is a quality to this Akashic environment holding us with kindness and respect. Begin by asking your Masters, Teachers, and Loved Ones to help you see, sense, or perceive ***the commitment you have to your soul through time*** and how that has evolved. See if you can get a sense of the qualities and the characteristics of the commitment to your own expanding awareness. There may be a sense of reverence or great enthusiasm or a sublime contentment.

And what about your ***commitments to other people***? That is interesting because you selected these individuals, be they spouses or neighbors or family of origin. Actually, you all chose one another. Really. You wanted to be together. What is your commitment to them? This may be one or two particular individuals or a group; that's okay. What commitments do you have to yourself in their presence?

Now take a look at ***commitments to your larger community***, however you understand that at this point in your life. Some really operate on a very large stage in your community, while others are a little more underground. That doesn't mean that you don't have a commitment, though. Look at the commitment to your larger community, whether covert or overt, and then consider commitments to yourself in the presence of your greater community.

Ask your Masters, Teachers, and Loved Ones to help you see ***commitments that you've been carrying for lifetimes*** that are still very active, very open. What are some of those outstanding long-term commitments that you have to yourself, to others, to close others, or to your greater community?

Are there any ***commitments that are new in this incarnation***?

Now, as you are here in this zone, you may be able to detect that some commitments are quite easy for you, feel natural, and exist without tension. Look to see ***what commitments come naturally*** , and why. What is it about them that is easy? It can be anything from you having the necessary skills, to you being inspired beyond belief. And then, ***what commitments come with more difficulty*** ? What's involved? What's the problem? Why are a couple of these really hard for you? Good. No need to do

anything about these; simply observe and describe.

We now step into an inner realm of the Akasha: the Zone of Choice, the dimension within the Records where we make choices between incarnations. This Zone is the region where we gain the most neutral possible perspective on where we've been and where we're going. It is pure possibility, beyond unnecessary boundaries and limitations. The Zone of Choice is in a state where our soul—a mirror, a reflective surface for the Divine—makes a selection in partnership with the Divine, aided by our Masters, Teachers, and Loved Ones.

Move into that Zone, looking at the ***commitments that are alive for you in this incarnation*** . Perhaps this is the lifetime in which you are committed to listening to yourself and to honoring your deepest truth through action. The Zone of Choice is the place where such spiritual fundamentals can be considered. Here in this Zone, you have the chance to assess where you've been and consider where you will go. You may decide it is time for a different kind of challenge. Can you love yourself when you are in the presence of people who don't understand and appreciate you? That's a significant old-soul lesson! What are your priorities for this life? The challenges? Opportunities? What mountains of personal growth have you selected? Wonderful.

Now is the time to go even deeper into the Akasha. Ask your Masters, Teachers, and Loved Ones to facilitate your movement from this Zone of Choice to the Zone of Freedom. Be open to your sense of it—it may be either within yourself or beyond yourself. Make note of any interdimensional movement you experience. The Zone of Freedom is the dimension of freedom in its optimal state. This is where you sample what it's like to be fully liberated from anything within yourself, around yourself, beyond yourself—from anything that keeps you from knowing your own goodness. You are free to uncover and to know your best self. This is the place without pressure, boundaries, limitations, restrictions, confinement, walls, or ceilings; the Zone of Freedom is open space and infinite possibilities.

Rooted in the Zone of Freedom, ask your Masters, Teachers, and Loved Ones how to fulfill your commitments in this lifetime. Commitments realized and conceived in freedom are turbocharged commitments that provide tremendous energy. Let yourself be infused with this sense of optimal freedom—whether it is freedom from fear; freedom from lack; freedom from self-doubt; freedom from ancestral patterns; or freedom to dream, speak, connect, act, participate, contribute, and grow into your best self. This is freedom to recognize your soul's blueprint, committing to your path of aliveness one moment at a time. Excellent.

Observe your response to freedom and your degree of comfort with this amplified state. Request that your Masters, Teachers, and Loved Ones facilitate the transfer from the Zone of Freedom to the Zone of Choice. Take a breath and ask them to return you to your most comfortable place within your own Records. Beautiful.

Let's reread the third stanza of the Prayer, because we are moving in a different direction: "Help me to know myself … have for me."

Ask your Masters, Teachers, and Loved Ones to bring to your awareness ***the most active commitments you have at this point in your life***. You had different commitments when you were a child; you will have other commitments later in life. Surround yourself with your commitments to yourself, your children, your mate, your friends, your pets … place yourself in the hub in the middle of the circle. Ask your support team to help you see how these commitments are nurturing you. How are your commitments returning life force to you? Now pick a favorite commitment and allow yourself to love it. See how that infuses you with more energy. Alternatively, pick your least favorite, and ask your Masters, Teachers, and Loved Ones to help you find a place of love within yourself for it.

And now, turn your eyes toward your past. Don't move; stay in the middle of the circle here. Open your awareness to that direction you know to be your past, and ask for help seeing ***commitments that***

you have to your ancestors, to those who have gone before you. Consider which of these commitments can be fulfilled in this lifetime, and look to see how. Leaving that channel open, direct your attention to what you understand to be your future, and to those who will follow you, your descendants. Whether they are biologically related to you isn't the point. There are those who will follow you in consciousness; ask to see what commitments you have to them and what is required for their fulfillment.

You have in this lifetime, and had in other lifetimes, traveling companions: those people you have been on the path with—to the right, to the left, shoulder-to-shoulder. Ask your Masters, Teachers, and Loved Ones to empower you to recognize ***the commitments you have to your traveling companions*** and how to honor those commitments. Excellent.

Whew! We have covered an immense expanse. And now this is a good time to close your Records: "I'd like to thank the Masters, Teachers, and Loved Ones … The Records are now closed. Amen."

Reflect on any commitments that were clarified today, particularly in the Zone of Freedom. As you saw, it really is a land unto itself, a very exciting place to be.

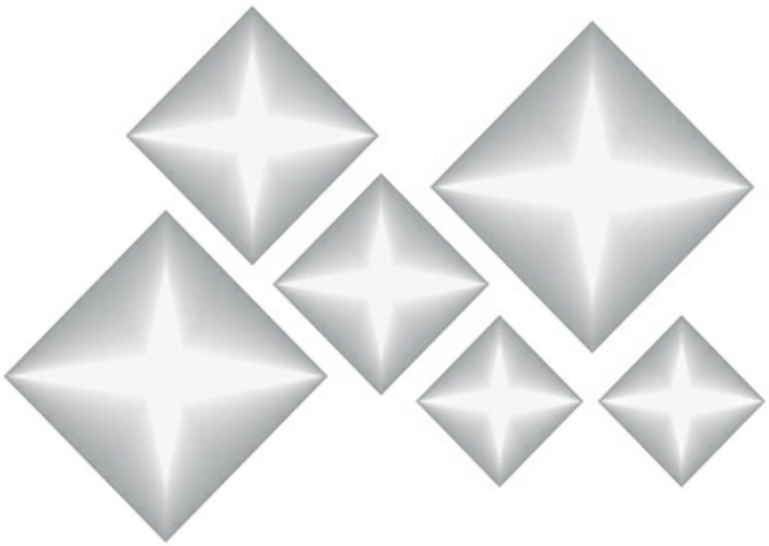
When engaging in soul-level commitments, we feel so alive! There is something very natural about it. We have the chance to experience a complete fulfillment of purpose, a sense that "this is what I'm here to do." We are most ourselves and happy to be ourselves. Even though it is a lot of work, it is thrilling, not to mention multidirectionally and multidimensionally enriching!

I encourage you to act on the commitments revealed to you in the Akashic realm. Don't overdo it, but do *something!* Action always occurs within a moment; we can only do what we can do. Try not to judge yourself, and just do whatever is possible as soon as possible. Commitment will bring great energy. Doing a little bit is fine.

Begin somewhere; take whatever action you can, given where you are and given available resources. The Records do not expect us to run roughshod over our limitations or deny human realities. Whatever you can do is certainly enough. Go ahead. Enjoy your commitments, knowing they anchor all the Pillars of Light surrounding your core so that your infinite inner grace can shine fully and freely. Grace is the subject of our next chapter. Come along—it is your time to shine!

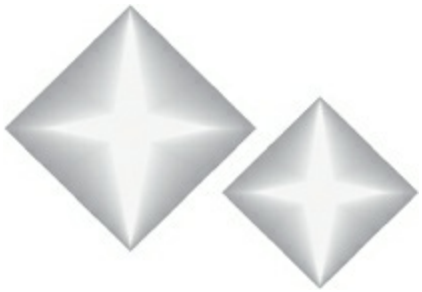
PART III

THE CENTRAL PILLAR



Part III

INTRODUCTION



In your central pillar, the great mysteries of life intersect with your precious inner realities. This pillar accommodates both the imminent and the infinite, now and forever, here and everywhere, at the individual and universal levels simultaneously. Your soul's path is the manifestation of this profound interface through your humanity, here on Earth. You stand in the moment and location where the inner and outer of all aspects of life converge within you.

At a time like this, I thoughtfully draw upon my finest skills to negotiate the profound thrill and deep awe of the sacred next step before us. All the work you have done to this point has prepared you to penetrate the central core Pillar of Light, where the depths of spiritual essence, the primary substance of the soul, are cradled in the multidimensional magnificence of your being.

Here, we strive to expand our direct experience of our soul. This direct contact empowers us to effectively express and share with the world—a vital element of being on our path. This inner realm is rich with possibilities, with promise for radiance into the world. No longer are we held back by a confusion of old ideas. Instead we are strengthened by self-acceptance, and our courage is deepened by the triumph of clearing the five pillars. We have earned the privilege of a more conscious connection with our own souls. We have become authentic stewards of our souls, honorable representatives of

our Innermost Self. Our spiritual maturity has developed within our refined humanity. We merit the reward of a face-to-face encounter with grace.

Indeed, we are now properly equipped to discover our own connection with this liminal dimension. And it is for us, as authorities of our own experience, to determine the value of this connection, discern its potential for enrichment, and decide how we want to engage it. While its particulars elude labeling, grace is easy to identify when encountered. Pay close attention to this elegant space. It can seem inconsequential, pleasant but benign. Don't be fooled. This dimension is the realm of rapture, wonder, and blessings in many guises!

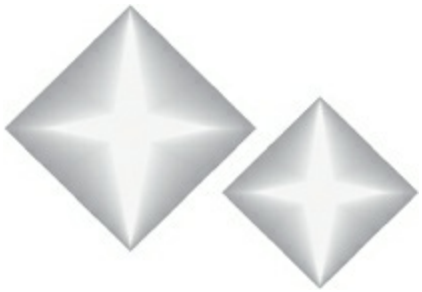
Following our immersion into grace, we rendezvous with our Inner Triangle—heart, mind, and will—secured within the grace pool at the center of the core pillar. Again, our task is to find our own Inner Triangle and unique balance. Everyone has an optimal Triangle with just the right degree of heart, mind, and will in exquisite combination. Rarely do we come upon a precise equilateral Triangle. Our aim is to allow for our own inner harmony based on the reality of our attributes, whether a brilliant mind, resonant heart, or resolved will, and the proper relationship between these elements for us at this time in life.

In this way, you detect your own Triangle; you engage with this inner structure in a way that is true and respectful. This awareness is yours because you have cleared your own path, working through the previous protocols, and now, you are more than ready to recognize, align, and engage your own Inner Triangle. The sensitivity and skills you are developing through this process are the exact ones that will serve you well in discerning your own soul's path.

Come along with me to the third section of our journey.

CHAPTER EIGHT

GRACE



Exquisite, elegant, compassionate, generous, merciful, and appreciative, the quality of grace is the essential characteristic we humans share with the Divine, composing the central pillar. Expanding your conscious connection with your soul's path increases your awareness of the infinite supply of grace, which activates and amplifies, through your attention, the ever-present grace at the center of your being.

Your Star shines brightly! The five Pillars of Consciousness have been relieved of restricting, old ideas and restored to their original magnificence. Standing at attention around your central inner Pillar of Light, each one maintains its integrity and is in elegant harmony with all others. Let's retrace our footsteps to this point:

- You have been grounded by ***Incarnation,*** as you fully accepted being in physical form, knowing your body matters.
- Next, you aligned with ***Authority,*** lining up to receive all available benefits from your "author" so as to give to others and take your place in the Circle of Life.
- Empowered by authority, you embraced various ***Disciplines*** that met the Triangle Test, harmonizing your heart, mind, and will. Disciplines of thought and action wove energetic structures

through which you make optimal use of the life force.

- Then, your soul-level ***Responsibilities*** formed a crucible whereby you refined your personality, enabling you to transform into a mature being radiating light.
- While responsibilities defined the path, ***Commitments*** connected you to it, keeping you attached as you received substance and nurturing from the path itself.

Wonderful work!

Intense commitment holds the Star in place as the unit finds its balance, surrounding the core Pillar of Light, structuring our interior reality so that the light of grace can shine forth freely, through us, as us. The Star provides human stability essential for accommodating increasing radiance. When unstable, we humans cannot handle too much light. Profound light coming through an unstable container causes problems of the emotional variety—nervous breakdowns, delusional thinking, or identity confusion marked by blurred boundaries with others.

Stability, on the other hand, enables transmission of higher, faster frequencies of light and heightened vibrations, which benefits us and everyone connected to us. We become turbotransmitters, facilitating transmission of light with increasing ease and speed. The transmission process nurtures us, leaving us more resilient and effective, unharmed by the ongoing process. The dynamic accelerates, and the light increases in both radiance and magnetism. We have entered a state of grace. *Ah!*

A State of Grace

Grace—a merciful and sacred vibration—comes to us in the present moment from multiple dimensions of time and space. Making a conscious connection with grace, we find it easier to respond to others and to life with appropriate kindness and reverence. We become honorable agents of the light of the Akashic Records.

Grace is hard to describe in words, but we know it when we feel it! It is the disposition to be generous or helpful. It is mercy; it is goodwill. Grace is fast and light, exquisite and fine. We most often associate it with Divinity, such

as Divine love or protection, the favor of God. As humans, we experience it as happiness, joy, delight, and, most of all, poise—a synonym for grace. The Zone of Grace as a dimension of consciousness is quiet; it has no sharp angles. Not surprisingly, it has the same quality in a person. Grace is the place where the infinite and the imminent connect. In the spirit of "like attracts like," grace reaches out to "find" itself. In the moment of connection, radiant grace touching upon radiant grace, there is a quickening, an awareness of what has always been known.

One reason grace eludes precise definition is that it is both infinite and fully present in any given moment, overriding our time structure. We do not create, originate, initiate, cause, manufacture, or generate grace. Grace simply exists in complete integrity. At the beginning of time, an eternal supply of grace was created. We are simply becoming aware of it; this is our role. Awareness is alchemical, in that it alters everything it encounters—opening our perception to what is already present. Our being aware makes it possible for us to ally with grace and so enjoy the attendant benefits. If we are unaware, grace is still present in magnificent abundance, but not for us! Awareness is the key to access.

Grace's Relationship to the Light and the Present

Speaking in energetic terms, grace is a condition where the light does the work, causing change, growth, and transformation. We simply appreciate and enjoy its presence. As beholders of grace, we, in our pleasure and joy, hasten the influx of even more light, moving and operating at a perfect pace without our interference or direction. Recognizing the superior intelligence of the light, we are relieved of any impulse to adjust, encourage, send, or direct the light. The light naturally goes where it is needed! Moving through us, the light satisfies our personal needs and travels beyond us into our lives and out into the world. How wonderful is that? The only thing we have to do is recognize grace!

Paying attention, we detect its pulse in any given moment, the only place it can be found. Yesterday's grace does not exist; it has expired. Tomorrow's grace is yet to be revealed. Today's grace is available, but only as and when observed. Because grace has no boundaries, it needs us as its container. Our

purpose is deliberately positioning ourselves to experience this ever-present grace identifiable as emotional safety, security, sanctuary, upliftment, encouragement, compassion, and wisdom—qualities facilitating intimate self-expression. In this atmosphere, our Innermost Self emerges, venturing into the ordinary world to make ExtraOrdinary connections and contributions! The only place possible for this dynamic to be enacted is in the present.

"Fairy Dust" for the Spiritual Realm

Grace is a catalyst whose job is to activate change, while remaining intact. Functioning like a spiritual light-enhancer, grace brings everything it touches to its next level of aliveness, acting like fairy dust for the spiritual realm. Energetically, grace causes a quickening—speeding vibrational activity, like champagne bubbles going to our head, a catalyst for our perspective. With grace, a muddy, flooded basement becomes a heroic opportunity; a shortage of cash, a creative invitation; and a health crisis, a situation in which to ask for and receive support from others. As our awareness of grace increases, so does our accessibility to the energetic environment of unconditional love, respect, and power. In short, we become our best selves.

Sensing the presence of grace strengthens us to dream big dreams and take bold action. Grace protects us when we fall, comforts us when we fail, corrects our errors, and, through its transmutable nature, alters the impact of some sobering human effects. Grace facilitates our awareness that losing that job was a blessing or that an absent parent would likely have been neglectful and we were actually being protected from greater harm. Grace gives us the ability to notice the heart of a beautiful idea hidden in the midst of a wordy poem dressed in red ink from a teacher.

Most significantly, grace celebrates our successes by generating ecstatic states. It naturally uplifts us to an altitude of awareness, empowering a more loving perspective of everything in our range. Our conscious detection of grace transforms our worst situations into appropriately challenging ones; dreadfully boring moments into satisfactory ones; and good experiences into outright fabulous ones.

AKASHIC REFLECTION: EXPLORING GRACE IN THE RECORDS

Let's go now into your Records to explore this amazing quality of grace. Please read your Prayer: "And so we do acknowledge the Forces of Light … The Records are now open."

Take a moment with your Masters, Teachers, and Loved Ones to survey your accomplishments to date. Check in on the internal Pillars of Light that form your five-pointed Star. Begin with incarnation, rooted in the pelvic floor, extending up through the ceiling of the heart center, holding you. Check in on authority. Perhaps you can identify some of the changes you have made since first exploring these pillars. Consider your relationship with discipline and how that has been developing. Look at responsibility and then commitment. Examine any outstanding individual characteristics, any particular traits. Are there any surprises?

With the Pillars of Light in place, ask your Masters, Teachers, and Loved Ones to take you to an altitude of awareness to observe the configuration of the five-pointed Star. Ask to see it from above, as if you are looking down on yourself. Finding the Star, enter the central Pillar of Light. Notice that you have built a well-lit home where you can dwell in aliveness, peace, and power. With assistance from your support team, please move into that central, or core, Pillar of Light, and let yourself float. It's perfectly safe to do this, here in your own personal dimension of grace—the home of your Innermost Self—that part of you that knows you are Divine. It's probably very familiar to you. Allow your Innermost Self to come into focus. This is your soul awareness. Stay within the central Pillar and allow your Innermost Self to venture forth into your life. Where does your Innermost Self naturally flow? Where does it naturally want to go? And what does it do there?

Now, make some space to allow your soul-level awareness to return to center. One of the great benefits of your efforts thus far is that your Innermost Self can take the lead in your everyday life. It is able to come and go more freely, no longer limited by old ideas, perceptions, confusions, or carryovers from other lives. Each Pillar is appropriate for you today, for your present destiny and the manifestation of your soul's purposes. Continue resting in the Pillar of Light.

Please invite your Masters, Teachers, and Loved Ones to bring to your attention ***a current situation in your life in which you have a very strong awareness of grace.*** Ask them to show you how that awareness impacts your experience. Excellent.

Next, ask them to show you ***a current situation in which you have a dim awareness of grace***—absent or very slight. See how your awareness of grace is impacting this experience. There are some remarkable differences, aren't there?

The question now becomes, how can you cultivate a greater awareness of grace? Ask your Masters, Teachers, and Loved Ones to assist you with this. What supports your personal awareness of grace? What supports you? Be as specific and as practical as possible. If the suggestions seem overwhelming, ask them to scale the actions down into manageable pieces. Good.

Now we are going to redirect our attention, moving deeper into the Records by rereading the third stanza of the Prayer: "Help me to know myself in the Light of the Akashic Records. To see myself through the eyes of the Lords of the Records. And enable me to share the wisdom and compassion that the Masters, Teachers, and Loved Ones of me have for me."

You should be able to feel a deeper shift. Set up a Pillar of Light an arm's length in front of you, connecting down to the heart of the Earth, through space and time. Ask your Masters, Teachers, and Loved Ones to show you in the Pillar of Light ***a lifetime in which you had a heightened awareness of grace.*** Request that your Masters, Teachers, and Loved Ones empower you to connect with that consciousness in that lifetime. Take a look into the Pillar and see who you were and when. What were you about in that lifetime? What was important to you?

Remember, you may see images, hear words, or simply get a sense of things. Just accept and describe what it seems like you are receiving. This is perfect for our purposes. Sometimes when considering past lives, we receive a great deal of information. Sometimes we get very little. Don't worry about the descriptive details. Even if you catch just a glimpse, that's sufficient.

Now, going back to that lifetime, what were your beliefs? What did you know to be true that fueled your ability to live as a being of grace at that time? How did you know this? Looking at this person, take the opportunity to inquire; if possible, have this individual speak on his or her own behalf. What did he or she know in that lifetime that made it possible to live as a being of grace? And what suggestions does this person have for you now? Good.

Next, let's bring this enlightened consciousness of yours from that time to present day. Bring this part of you home. Move into your heart center. From the inside, establish a bridge of light from your heart to the Pillar of Light. Please invite this expression of who you have been in another place and time, and escort them across the bridge into the space of your heart. Allow their enhanced awareness of grace to permeate the whole of your being. Their awakened presence within you activates an appropriate level of awareness of grace inside you at every level, from the physical atoms of your being to the atoms of your consciousness. The invisible particles that compose your subtle bodies—your heart, mind, and will—are infused and activated to the next appropriate level of awareness of grace.

Since this valuable and precious dimension of your being has returned to you consciously, allow the Pillar of Light to collapse, and the bridge to dissolve. Close up your heart center, as if you were swaddling it, sweeping from left to right and from right to left. Make room within yourself for this dimension of greatness that has been irresistibly drawn back home to you at this moment in time. Allow that to settle in just a bit. Then, bring your attention back to you, the ordinary person, this being here and now whose internal structure is upheld by strong and clean pillars, which are quite appropriate for who you are now. Stand as a well-lit home for your Innermost Self in your life right now.

From grace, the central zone of the five-pointed Star, ask your Masters, Teachers, and Loved Ones to shine the light through you as you venture forward on your path. Take one more scan from overhead to see the five-pointed Star: *Incarnation, Authority, Discipline, Responsibility,* and *Commitment.* And so we stand—individual points of light—each of us a Star shining brightly on this planet, in this solar system, in the entire universe, giving to the universe the light that is uniquely ours to share, and receiving from the universe the nurturing and sustenance we need to manifest our souls' purposes. Let's leave this be for now and read our closing Prayer: "I would like to thank … The Records are now closed. Amen."

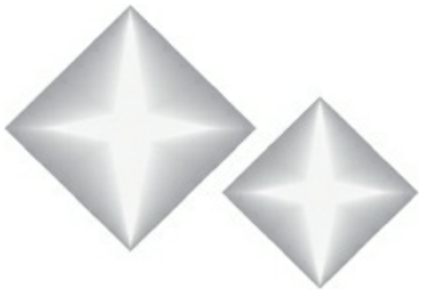
Take a few moments to ground yourself before moving forward into your day. In your everyday awareness, scan yourself, making note of how you feel. Think back to when we first began this journey from ordinary to ExtraOrdinary living. Observe yourself, paying particular attention to characteristics of your emotions, your thoughts, and even your physical well-being. It's likely that you feel better in general, and it's most certain that at least one Pillar of Consciousness has undergone marked change. Observing your transformation is empowering, and you deserve recognition for staying the course. Clearly, your love and dedication to yourself and your destiny are profound—and now refurbished and ready for a new stage of aliveness.

There is one more piece to the puzzle: How does our ordinary human self, with the dimensions of heart, mind, and will, factor into this paradigm? This is the topic of the next chapter, "Balancing the Triangle." We will focus on manifesting our souls' purposes in this lifetime, now that our structure for interacting in the everyday world is intact. Come with me to our final segment, the most exciting chapter yet, as we prepare our human selves for

optimal service. Onward!

CHAPTER NINE

BALANCING THE TRIANGLE



Finding your own balance for your Triangle of heart, mind, and will stabilizes you as you proceed on your soul's path. Your Triangle is both a clue to your highest personal truths and a steadying support as you take action in the world. It aids you in both knowing your path and living it, wide-awake.

We're almost there! Your inner Star is now clear and balanced, able to fully radiate the light in all its magnificence. There is only one more piece to the puzzle. I call it the Inner Triangle—heart, mind, and will united within—and it is truly the jewel in the crown of the five-pointed Star. Allow me to share what an amazing difference this work can make in shifting from an ordinary to ExtraOrdinary perspective.

Striving to be optimal transmitters of light requires a remarkable level of stability and grounding. In order to anchor the light on the Earth plane, we must be stable with Earthly reality. Throughout the course of our work in this book, we have certainly made great strides. The next element will make the decisive difference in your success.

Your Inner Triangle is the energetic dynamic among your heart, mind, and will. These three elements serve as the legs of a tripod and, as such, can retain equilibrium in the face of immense turbulence. Adjusting your Inner Triangle, you discover and cultivate balance at three levels:

- At each corner,
- Within the whole, and
- In the world.

As the Inner Triangle balances, we become structurally empowered to express and accommodate infinite and expansive streams of light. Some pretty amazing benefits result. As centered, balanced individuals, we are sane, become more useful and effective in the world, and shine the light freely. Continue along with me as we explore this Inner Triangle and its vital role in our shift from ordinary to ExtraOrdinary living.

The Structure of the Triangle

The Inner Triangle is composed of three corners equal in significance—heart, mind, and will—which coexist in harmonic relationship achieved through awareness. Each corner is an energetic zone, with its own distinct characteristics, that continually seeks balance within itself and constantly adjusts to stay true to its nature. Just like all parts of life, these zones are engaged in a dance toward harmony. Let's examine these three corners of the Triangle.

— ***Mind*** governs rational thought processes; mind rests in our head, anchored within the physical organism of our brain.

— ***Heart*** governs emotion and feeling, as well as the experience of connecting within ourselves and with all of life; heart is rooted in our physical heart space in the upper chest. Many of us are familiar with the relationship between mind and heart, as this awareness came into mass consciousness in the last third of the 20th century. I remember my own startling realization as I awakened to the dynamic connection between heart and mind. Today, many sectors of society, from the personal-growth movement to the business world, base their strategies for success on this connection: The basic idea is that the two are both valuable internal compasses for discernment and development.

— The combination of mind and heart is remarkable, as it recognizes and includes both emotional and rational realities. In a relatively short period of time, this idea has become part of our contemporary wisdom. The relationship between mind and heart as a guide to greater authenticity has been a tremendous breakthrough, but now it is time to include a third element in this paradigm: ***Will.***

Consider a time when you wanted to take action but saw it to be detrimental, or not sound. Will was involved. Will is woven into the fabric of our being. It is the dimension that governs our actions in life, and our self-expression in the world. Will detects the impulses of our Innermost Self and responds by empowering appropriate action, expressing truth. Will can be understood as the energetic point where the Innermost Self meets the outer world. It is the point of interface between the soul and Earthly life. As such, will is the vortex—empowered energy arena—for manifesting our deepest desires. But how does will connect with mind and heart, and where is it located?

Consider the mind resting in the head and the heart rooted in the chest, with a path of light connecting the two. Perhaps you are familiar with the chakra system; this perspective honors it. If the energy of mind and heart are both extended at an angle (the mind outward and downward toward the heart, and the heart upward toward the mind and outward into the world), there would be a point where the two streams of light intersect in front of our physical body and within our energy field, level with the throat chakra. This is where will resides, manifesting your soul's purposes in the world.

While we can identify the separate points of our Triangle through this paradigm, this does not describe the whole Triangle. The complete Triangle, when horizontal, moves from its vertical position corresponding to the chakra system and resides within the Pillar of Light at the center of our five-pointed Star, at the core of our being. This can be confusing to imagine; please stay with me. Heart, mind, and will deliberately cooperate as our internal supporting structure. Think of it as a horizontal platform amid the light of the Inner Pillar. The space between each point is connected by the energetic reality of their relationship, similar to a membrane of their combined qualities. This occurs between each point—mind and heart, heart and will, will and mind—infusing the realm shared by all three with an individual blend of energy responding to our everyday realities. The Inner Pillar keeps

us in balance in the world, while effectively managing the flow of immense light into life as we fulfill our souls' purposes.

Viewed from above, we can see with our inner eye a five-pointed Star and the infinite, eternal light of grace emanating in all its glory. Floating horizontally in the central zone resides the Triangle, buoyantly riding the pulse of life as it moves through us. The Triangle functions here to stabilize us further. Through its natural organization, the Triangle provides a new level of resilience, enhancing our ability to accommodate more light, love, grace, aliveness, and all the expressions of Divine Reality.

Since the light is infinite and eternal, there is no need to try to manufacture more of it. Our opportunity is to become increasingly spiritually fit, stable vessels, allowing greater quantities of light to move through us. We could say that our personal stability supports our abilities to be effective, productive, contributing human beings. Our balanced Inner Triangle completes the Star structure. The five-pointed Star keeps us strong, open, and able to navigate life, while our harmonized Triangle makes it possible for us to hold steady in times of immense turbulence and to radiate more light than ever before!

Before exploring your own Triangle, you need to learn one more requirement. It is essential that each aspect of the Triangle be in balance within itself to positively contribute. For example, it's impossible for an imbalanced heart to make an effective contribution to the rest of the unit. Each of the three extends itself to the others, and so if one is out of sync with itself, it will taint the whole Triangle with dysfunction.

The Triangle Test, Akashic Manifesting, and Transformation

There are three phases to balancing the Triangle: (1) access the general well-being of the heart, mind, and will connection; (2) explore each on its own and make necessary adjustments; and (3) examine all three together. This is the actual transformation process. Before we dig in, let's be clear about why the Triangle merits all this attention. First, as a new idea, it deserves full explanation. All new ideas must meet the Triangle Test:

- Does it make sense? *(mind)*
- Is it emotionally satisfying? *(heart)*

- Does it inspire action? *(will)*

Yes, even the concept of the Triangle must meet the Triangle Test!

We encountered the Triangle as the benchmark for potentially enduring disciplines, and so you sense the value and everyday usefulness of the Triangle paradigm. A balanced Triangle yields powerful results, particularly in the area of manifesting soul intentions. In states of resilience and stability, the inner light shines with increasing strength. Our stability allows light to radiate infinitely through us and out into life. At the same time, via its equally magnetic nature, light draws to us what we need to realize our souls' destiny.

This magnetic quality is quite specific in that it brings to us only what resonates with our essence and is in harmony with our souls' purposes. Nothing unrelated can find us; we are energetically invisible to anything out of sync with our vibration. If this sounds like Akashic manifesting, it is! We are moving on to soul-level manifestation. Our role in this process is to clear old ideas encumbering the five Pillars, awaken to our Inner Triangle, and let the light do the rest. This delivers us into a dimension of living that is ExtraOrdinary indeed!

Balancing the Triangle is a straightforward protocol, though the process must be experienced, not just contemplated. Practice trumps theory. Just as we learned to refurbish each Pillar, we begin by identifying old ideas and graciously letting them go, and then selecting more appropriate, empowering ideas.

Fundamental principles of transformation natural to the Akashic realm are held within the Akashic Absolutes: *Judge Not, Fear Not,* and *Resist Not.* Interestingly, these three also form an energetic tripod to maintain the sanctity of the Akashic vibration. These governing principles create the culture of unconditional love and safeguard the essence of Akashic energy. Unconditional love in action translates into an Akashic response: "No wonder. Of course. It's okay." Every thought, action, success, failure, confusion—without exception, everything—is met with this consciousness!

Within the Records, our moments of shame, humiliation, exasperation, and all their related episodes are recognized as painful, and yet the choices always make sense within the context of any given situation. As it turns out, today's solution often becomes tomorrow's difficulty, as we are continuously evolving. What was a perfect fit yesterday can become completely uncomfortable today.

Additionally, our challenging human passages become spiritual opportunities—portals for expansion into greater self-love and encounters with the Divine Reality. Every human frailty can be seen as part of the bigger picture of the soul's journey through space and time. We grow into an awareness of our essential goodness, and move from the idea of self-love into the experience of it, through practice.

From the Altitude of the Akasha, the soul-level perspective, it is easier to see that we mere mortals are always doing our best, no matter what, despite seeming evidence to the contrary. Yes, always! This is a fundamental Akashic Assumption. No one ever sets out to harm themselves or others; even when our best is dismal, pathetic, or even ridiculous, it is the very best idea we have at the time, striving to experience unconditional love or, at least, attain relief from distress. Our amazing Akashic opportunity is to grow into this Akashic perspective—to see ourselves and others from this vantage point and facilitate our transformation from ordinary to ExtraOrdinary living!

Our awareness and perspective cause this transformation within the Akasha. Knowing the essential goodness of our decisions and viewing our imperfections with mercy and acceptance causes a shift. Long-held judgments, including self-condemnations, are released. These changes, along with our deepening appreciation of the Akasha, ease us one step at a time along the path toward unconditional self-love. This is our strategy for balancing the Triangle.

Change is based on a four-step protocol, applicable at each corner of the Triangle and to the Triangle as a whole: *awareness, acceptance, appreciation,* and *appropriate action.* We delve into this process in the following Akashic Reflection, but here is a reminder of the four steps that have been discussed throughout this book:

- ***Awareness*** is the key opening the gateway to transformation. It is waking up to what is present. We don't need to bother about changing the past in the Records. The past is what it is or, better said, what it was.
- Becoming aware of our present condition, our next step is ***Acceptance.*** Acceptance is allowing all to be exactly as it is, without adjustment or alteration—even if only for a moment.
- Next is ***Appreciation*** of ourselves for making the choices we have made and committing to our expanding awareness. We

dedicate ourselves to awakening and realizing our precious value and also allowing the next step to be revealed. (The complete plan for our lifetime is not revealed, just the next appropriate action.)

- All three are propelled by taking ***Appropriate Action***: action expressing our Innermost Self at this point in time.

This protocol has the potential to significantly shift your relationship with your very self and every aspect of your life.

AKASHIC REFLECTION: THE INNER TRIANGLE

Let's open your Records: "And so we do acknowledge the Forces of Light … The Records are now open." Settling into this sacred space, get a sense of the presence of your unseen helpers, noticing where they are located in proximity to your body. Are they in front, behind, or off to one side? With some sense of their presence, ask for an overview of your Triangle as it exists today. Perhaps you can catch a glimpse of the Triangle as a whole. See what you can see.

Observe the general condition of the entire unit: heart, mind, and will. It may be easy to identify, or it may be difficult. You may notice that one corner is quite strong and the others much weaker by comparison. No need to judge; simply observe and describe what you find. If there's an area that is noticeably stronger than the rest, see what it is. Is your heart powerful but your mind wobbly? Is your will fierce but your heart timid? Maybe your mind is well organized and sophisticated, but your will is immature and faint. Simply make note of your findings. This is good work.

Mind

Ask your Masters, Teachers, and Loved Ones to take you on a tour around your Triangle. Start with awareness, and consider your mind. Look to see the current state of your mind. Is it intense, rigid, and closed, or open, flexible, and comfortable with a variety of points of view? Consider the ways in which you already balance your thinking, and the ways in which you have less balanced thoughts. This is all valuable insight.

Notice your willingness to just allow your mind to be the way it is at this very moment. See if you can simply have acceptance for what is. Reflect for a moment to get a sense of when this condition of equilibrium was positive for you in the recent or distant past. If it doesn't come to mind easily, ask your Masters, Teachers, and Loved Ones to bring it into focus.

Can you open up to the possibility that this level of balance has been helpful to you until now? This is appreciation.

And now, ask to get a sense of what it would be like for you to be in an optimal state of mind. What kinds of thoughts would you think on a regular basis? If this seems foreign, ask for assistance to see how you can bring them into your everyday thought patterns. Applying this guidance involves taking appropriate action.

Heart

Moving along, ask your Masters, Teachers, and Loved Ones to assist you in entering your heart center. Seek an experience of the present condition of your emotional body. Describe what you find as the awareness step of our protocol. What are the dominant characteristics? Serenity, distress, or maybe even bliss? Let yourself have a full dose of your own emotional atmosphere.

Pay attention to the ways in which you are in harmony and the ways in which you are seriously out of tune with yourself. How comfortable are you allowing yourself to be *exactly where you are* with regard to your emotional equilibrium (acceptance)? Observe and make note.

Do you have a sense of when this was your preferred emotional state? Can you recall a time when this was a state of growth and improvement? You deserve appreciation for this.

However, you have continued in your development and it's time for enhanced equilibrium now. Ask in your Records to get a sense of what it would be like for you to be in an ideal emotional state. A balanced heart gives and receives without judgment, as a natural part of everyday living. What are your dominant emotional traits? How would you feel? Finally, what appropriate actions can you take at this point in your life that would encourage these feelings? Wonderful.

Will

Continuing along to will, ask to be immersed into the present condition of your will. Survey the general atmosphere. Get a sense of the well-being of your will. (This is putting awareness to work.) Is it overdeveloped (with a tendency to bully) or underdeveloped (with leanings into cowardice)?

Accept what you find. It may well be that you are overdeveloped in some areas of life and underdeveloped in others.

Consider the reasons for the imbalance in your will. At some point, this was an effective strategy for your success. Open up to appreciation for the choices you made in other times under different circumstances that delivered you to this place.

Ask in your Records for a distinct sense or image of your will in an optimal state of balance, and give yourself the opportunity to connect with it so it becomes more real to you. A balanced will maintains its integrity, yet is sensitive enough to know when yielding to its environment is a sign of strength. Request that your Masters, Teachers, and Loved Ones enable you to identify appropriate actions you can realistically take in the upcoming days to bring your will back into balance. Excellent.

Your Entire Triangle

Having been to each corner now, you have some idea about these parts of your own Inner Triangle. It is now time to travel into the center zone of the Triangle. Let your awareness expand, allowing you to slide into the central area of the Triangle and rest in the convergence of these potent individual energies as they blend, overlap, and find their own natural harmony. If it is difficult to maintain your awareness, ask your Masters, Teachers, and Loved Ones to facilitate your ability to hold a high level of openness.

Pay attention to the flow of the energies from one corner to the next, moving to the left, to the right: the heart extending to the mind and will, the mind reaching out to the heart and will, and the will stretching to connect with the mind and heart. Notice which relationships are particularly strong and which are fragile. Everyone has strengths and weaknesses in their Triangle; just notice yours.

Make note of the present state of the union in your Triangle and let it be exactly the way it is,

through acceptance, as you allow your perception to be accurate.

Consider how this state could have developed as a positive response to a life challenge. See if you can have appreciation for your ability to manage your entire Triangle, aiding you in negotiating a difficult life passage. Good.

Now, ask your Masters, Teachers, and Loved Ones to empower you to experience yourself with an ideal, optimally functioning Triangle. What's that like for you? Are you energized? Invigorated? Enthused? Look for a quality of open mind and heart, ready to take appropriate action. Ask for guidance as to what particular action you can take in the immediate future that will bring balance to your entire Triangle. Wonderful.

Let's take our work to the next level! Inquire as to what becomes likely when your Triangle is in optimal condition over a sustained period of time. Consider that you are in balance, stable, secure, and resilient, with the light emanating from you with increasing brilliance. What is it like residing at the center, allowing the light to shine? What is it that you need to manifest your destiny in this incarnation? How do you experience yourself? What traits and characteristics do you exhibit? What's it like to be you? Peering out beyond your personal identity, look to see what is finding its way to you, compelled by your radiant light. People? Opportunities? Resources? Ideas? Places? Beautiful!

Please close your Records. "I'd like to thank … The Records are now closed. Amen." Perfect.

The Benefits of a Balanced Triangle

An amazing feature of balancing your Triangle is that it supports having what is yours by resonance as determined by your soul's purposes. The truth is, you can be deeply satisfied only by what is truly yours. Many lovely things in the world just miss the mark. The people, places, and things you encounter that are in conscious congruent alignment are, consequently, deeply enriching.

As you achieve new levels of balance, you meet the challenge of maintaining this condition that requires both attention and awareness. Check in with yourself consistently (yes! this is a practice), more often when frustrated, disappointed, or anxious; scan your heart, mind, and will to see where you are off-kilter. Make necessary adjustments. The adjustments are always within your reach; sometimes it's as simple as being willing to see your situation from a different point of view.

Our four-step protocol—*awareness*, *acceptance*, *appreciation*, and *appropriate action*—is easy enough to remember and, even when practiced imperfectly, initiates change! One naturally follows the other and encompasses both inner and outer aspects of healing.

Your five pillars are in continual need of upkeep; continue to check in and make slight corrections to accommodate more and more light. As the light is amplified, the Triangle, floating in a sea of infinite, eternal grace, allows you

to relax and enjoy the unfolding of your life.

Discovering your own balance in the world is incredibly empowering! Your personal equilibrium is always self-correcting. Honoring your Triangle results in maintaining balance while engaging in the world. There are many valuable approaches to being a balanced, effective person, but the sustainable one recognizes your unique human self and life circumstances. This Akashic Approach focuses on living life from the inside out. Discovering your own optimal equilibrium places you in an inspired relationship with every aspect of life.

If you are able to float this Triangle in a clear pillar, you will transform your life! From above, I can look down at my five-pointed Star as I stand here, from the inside, and see that the cleaner my house, the more authentic my life becomes. That which is mine can easily find me, and that which is not mine graciously departs.

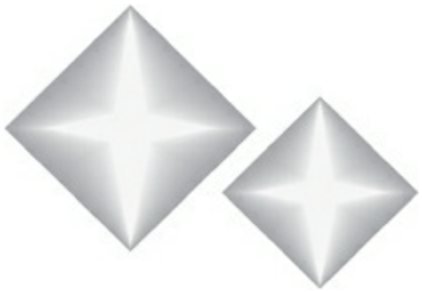
Enter, grace. Consider your personal Triangle floating in a sea of infinite grace at the core of your being. One of the ways I recognize the light within other people on the Earth plane is through admirable personal qualities such as compassion, patience, and understanding. Together, we discover how the light transmits through human beings.

Balancing the Triangle is the Akashic answer to living an ExtraOrdinary life. Becoming aware of, accepting, and then appreciating the essential light that shines through our Innermost Self, supported by heart, mind, and will in harmony, makes us infinitely resilient and capable of taking action in the world. Radiating and also magnetically attracting exactly what we need empowers us to fulfill our destiny.

Ah! This is conscious manifestation in action.

CHAPTER TEN

YOUR EXTRAORDINARY LIFE



Being consciously aware that you are on your soul's path transforms your relationship with every aspect of your life. This recognition facilitates the shift from ordinary to ExtraOrdinary living, wherein you know that everything is a piece of the composite, rousing you to awakening to the perfection of your soul, your oneness with the Divine, and the splendor inherent in every atom of life.

And so, my friend, we have come to the end of our remarkable journey of initiation into ExtraOrdinary living. The promise of the process is ours! Our intention was to emerge as consciously fused beings, transcending tensions between our spiritual and physical natures, fully engaged in human life, completely ready to honor the promptings of our soul. This is certainly one of the most ambitious undertakings available to mortal beings! Let's take a look at where we have been, what has happened, and where we have arrived.

This shift into your ExtraOrdinary life is the natural result of staying the course—whether moving quickly or slowly, in one fell swoop or increments, perfectly or imperfectly. Initiation is moving from one level of knowing to a greater level—precisely what has happened here. Reflect back over your restoration of each pillar of your five-pointed Star to its highest potential as you kept your Inner Triangle in optimal balance.

We now find ourselves mining the richness within life's ordinary moments even as we sparkle with radiance at the soul level. Added to that is an

incomparable grace note: We realize we cannot resist loving life more deeply and completely than ever before.

Protocol of the 4 A's

Our strategy for permanent change required you to apply a four-stage process that is deceptively simple and profoundly powerful: *awareness, acceptance, appreciation,* and *appropriate action.* This change has both inner and outer aspects. If only one aspect registers, the improvements gained usually recede to old patterns. For example, dieting to lose weight involves altering eating habits, but we should expect to regain the weight unless we make corresponding adjustments to the relationship we have with food, both mind and body. This simple principle can make a world of difference in our efforts to apply spiritual approaches to human situations.

The four-stage protocol works from the inside out, beginning with awareness. Again, and in summary, here is the powerful process:

1. ***Awareness*** is alchemical in nature, altering everything it encounters and exposing the subtleties and complexities of everything within its range. Yet the scope of awareness is both determined and limited by the perception of the person owning and communicating that point of view. Keep in mind that awareness tells us more about the one viewing than that which is being viewed. Awareness determines accessibility, but awareness is accessible only to those who recognize it!

2. ***Acceptance*** is the next step, inviting us to allow what is happening to occur without denial. Acceptance is saying, "Yes! This is the way things are at this moment," without negative judgment or positive approval. Essentially, acceptance is agreeing that something exists. We recognize it is part of the daily package of ordinary moments, folded and fresh in its basket, each morning. Until I am open to the existence of something, I forfeit the option of growing through it; once I am open, I can enjoy the gains that follow. For example, until I make peace with the weather—a big deal here in Chicago—I remain victim to it. Accepting the weather in its myriad expressions empowers me to successfully manage, despite—and perhaps even because of—the weather.

3. ***Appreciation*** comes after acceptance, challenging us to find the positive value of anything and everything. This is not a naïve notion. It is based on the idea that all of life is part of a greater scheme awakening us to our essential goodness, the perfection of our soul, and the Divine Reality. Our appreciation of this value liberates us from limits. For example, I can appreciate how a dreadful job can be a most effective motivator for me to act on my dreams. The pent-up energy of distress is transmuted into peace, further fueling the realization of my heart's desires.

4. ***Appropriate Action*** rounds out the protocol—the operative word being *appropriate*. The Earth plane is the arena of action, where ideas are brought into form. Our goal is action that expresses our Innermost Self in the most authentic way possible. Taking appropriate action anchors our energetic presence in the world, making us real, known, and visible. We are always taking action; it's part of our everyday journey. In this case, we strive to be conscious of our actions, aligning them with our awareness, acceptance, and appreciation, so that we are truly known and knowable in life.

Some years ago, I earned a real estate sales license, which I totally enjoyed —until it was time to start selling, which I did not like, not one little bit. Selling real estate was a dismal expression of my Innermost Self. All the sales training in the world was not going to help me! Today, I am writing this book, which I love. This expression comes from the most intimate part of my being. By writing, I reap great emotional benefits and increase my chances of being seen, known, and received in the world.

The more appropriate the action, the richer the rewards. The deepest satisfaction we know as humans is based on actions that most closely represent our Innermost Self.

The Five-Pointed Star

As you have learned, structuring your interior is the five-pointed Star, surrounding the essential Pillar of Light at the center of your Inner Being. The five points correspond to concepts defining human areas of growth that are essential for manifesting your soul's purposes: *Incarnation, Authority, Discipline, Responsibility,* and *Commitment.* Each is embedded in the pelvic

floor and extends up through the roof of the heart center. The focus of our work has been to systematically renovate every one of these five pillars, organizing and clarifying your inner world for your optimal support.

While each standing alone is beneficial, together, they function brilliantly. Collectively, these pillars open the way for grace. Each pillar is an expression of the intersection of grace and a consciousness concept that defines an aspect of human reality on Earth. And the Triangle of heart, mind, and will floats horizontally amid infinite, eternal grace.

The wisdom gained is the sum of our quest to be people who are fully engaged and effective in daily living, completely aware of our capacity for transmitting infinite spiritual light.

— In ***Incarnation,*** we made peace with the tangible reality of our mortal existence. We discovered through our Records that the bodies we currently occupy are indeed our souls' first and best choice. No mistake has been made. *Your* body is a direct expression of *your* soul, and it is ideal for the realization of your soul's intentions and purposes. This awareness is an immense relief for many, and cause for celebration for some.

— Addressing ***Authority***—our second point of light—we find our place in the Circle of Life, in the center zone between receiving and giving. Accepting that we are not the creators of the universe positions us to accept the energy and wisdom of those more capable than we are. We cease judging and begin receiving, empowering ourselves to give more than ever before. We recognize that the more we honor authorities in the world, the easier it is to allow ourselves to become rightful authorities in our own lives, since we will never let ourselves become anything we perceive to be disdainful.

— Anchored on the planet through incarnation, and infused with aliveness through authority, we arrive at the question of how to manage more energy and use it to manifest our souls' purposes. ***Discipline*** is the answer, empowering us to develop patterns of thought and behavior, weaving structures through which energy flows as we prefer it. Disciplines that pass the Triangle Test merit the approval of our hearts, minds, and wills; allow us to more easily listen to the promptings of our Innermost Self; register the impressions of Divine guidance; and comprehend the guidance being provided. Discipline is a very good friend, indeed.

— ***Responsibility*** is next on our Star, and it defines the path through which our human selves are transformed into optimal vehicles for immense radiance. Our soul-level responsibilities—selected by our souls in partnership with the Divine and guided by our Masters, Teachers, and Loved Ones—form an energetic crucible through which we grow into mature, honorable creatures, agents for the light.

— While responsibilities determine our path, ***Commitment*** keeps us invested in the journey when the going gets tough. Fierce and intense, commitment fuses us to our track, establishing a cyclical, turbocharged situation in which the path we nurture, nurtures us. Altering our relationship to our tasks and activities, commitment enhances our connection with everything we do, leaving us enriched even as we spend our resources. Within the context of commitment, activities and tasks become investments yielding great rewards.

— With our Star now firmly in place, we can move into the central Pillar of Light—the home of ***Grace***—that Divine quality emanating from the depths of our being, through the layers of our humanity, out into the world. Grace is the essence we always recognize but struggle to describe. Grace entails qualities of mercy and goodwill, compassion, inclusion, warmth, expansion, and more; it comprises the home of our Innermost Self. Since the points of the Star are standing tall and intact, our Innermost Self is free to emerge from the inner sanctum and encounter the ordinary world: Authentic, powerful, and vulnerable, it ventures forth and returns home to grace.

— Our ***Inner Triangle of heart, mind, and will*** floats in a sea of infinite, eternal, imminent grace. These three dominant dimensions of our humanity exist in the relationship ideal for us at this moment and form a resilient tripod, keeping us stable so we can accommodate the perpetual intensification of inner light. We remain stable, sane, and effective, with our feet on the ground and our eyes focused on our inspiration. Moving through life this way, the radiant light draws to us everything we need to ensure the manifestation of our souls' purposes. As we find our true needs within our reach, others will lose their significance and become invisible to us.

Using the Protocol Every Day

In almost any situation in our lives, we can quickly move through the protocol and see where we are out of alignment. One of the key features to this wonderful system is its practicality, even as it provides a spiritual approach to everyday living. Whatever the difficulty, this process can help us transform our perception of our situation and our relationship with our circumstances.

Begin by describing the circumstance in ordinary words, avoiding clichés or labels. Check to see if the root of the problem has something to do with accepting your humanity in this incarnation or a judgment you have about your present limitations. Look next at the authority involved: *Am I in harmony with the authority of the situation?* Then continue to consider each consciousness concept: *Have I outgrown a discipline? Is it out of alignment with my heart, mind, or will? Am I denying a soul-level responsibility? Am I confused between responsibilities and tasks? Is it time to move to a greater level of commitment? What can I do to increase my awareness of grace? How is my Inner Triangle?* Check each corner of the Triangle and the connections between them. Go into your Records, asking for guidance and direction about seeing your next right actions and taking those steps.

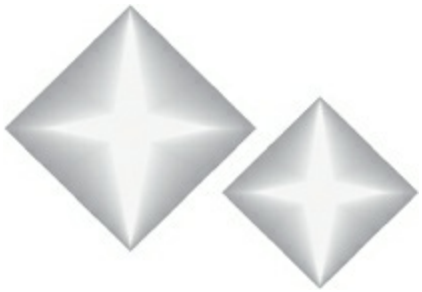
A series of simple questions keeps us moving toward our ExtraOrdinary lives. Apply the four-stage protocol for transformation:

- ***Awareness*** asks, *What am I noticing? What is presenting? What do I detect, observe, sense, or feel?*
- Validating what is happening or not happening, allowing things to exist and be exactly what they are, with or without our approval, is ***Acceptance.***
- ***Appreciation*** is usually a stretch, requiring us to go beyond our normal interpretations of events. Here, we ask if it is even slightly possible that some good can come from the situation. Even a remote possibility is a start toward informing a state of appreciation. In spiritual work, we are expected to begin wherever we find ourselves.
- Finally, we engage in ***Appropriate Action.*** Of course, we look outside to identify the needs at hand and then direct our

> attention inward to the prompting of the Innermost Self: listening and taking action, honoring our deepest truth to express the infinite love residing within.

Our work together has laid the foundation for using these strategies whenever needed. A shift from ordinary to ExtraOrdinary living is well under way, but rest assured, this is not a one-time event. ExtraOrdinary living is infinite and eternally expanding, and it empowers us to lead consciously soul-led lives—our ultimate goal. Exploring our destiny as spiritually awakened people living in the world transforms us personally and transitions us into a new dimension of our ExtraOrdinary lives.

ONWARD



As we come to the close of this part of our journey, we open up to a new level of possibilities as conscious spiritual beings, prepared and positioned to courageously participate in the world in ways that uplift everyone we encounter. The spiritual opportunity of our age is unlike at any other time in human evolution. The good news is—we are ready!

As old organizations and institutions crumble—whether religions, governments, or corporations—we find reliable inner spiritual resources at the core of our own being to meet our needs and light our way through dramatic times of change. Our spiritual awareness does not provide immunity from human strife; rather, it empowers us to be aware of the ever-present light and to align with it. The light is absolutely incorruptible. Our opportunity as Akashic Light Workers is to be the ones who find the light everywhere—knowing we need only our awareness to facilitate a quickening.

Media reports insist that these are "soulless" times, that we are emotionally disconnected, more selfish, wounded, helpless, and perhaps overwhelmed by the information overload streaming from the Internet. I disagree. I know that there is a light in every human being, longing for recognition. Now, we ordinary people are awakening to the perfection of our souls, the magnificence of our souls' path, and the reality that all of Earthly life has a role in our unfolding. This is empowering us to identify and include others, like us, who dream of sharing the journey.

Our primary purpose is to emerge as the "fused beings" we were designed

to be in this life; the transformational gift of this process is that of living the truth of oneness of our era. In this state, our very lives become transmitters for blessings, which nurture and sustain us on our way. We recognize that the light has been our constant companion since the inception of our souls and the design of our souls' path. The very light that has carried us to this juncture is sure to continue illuminating our way.

As we deliberately live our lives from the inside out—soul first—our human capabilities, in service of our souls and in partnership with the Divine, allow us to thrive in all circumstances and make the contributions to our world that we have carried in our hearts for ages. The "Age of Oneness" is at hand, and it begins with us. Our personally illumined souls' paths form an all-inclusive souls' path with room for everyone. *Now is the time. We are the people.*

And so, my friend, my traveling companion across these pages, the path we've traversed is about to take a significant turn, launching us both out to our next adventure. When undertaking a conscious spiritual journey, the presence of a companion and the nurturing connection this provides is a precious assurance that we will achieve transformation, which is, of course, our true destination.

As you can imagine, I, too, have been guided around the Star, one point at a time, at various times in my quest. First, at incarnation, I came to terms with the fact that the body I have, with its sensitive stomach and weight challenges, was not the obstacle but the means to my enlightenment.

So, too, was it with my parents and family, whom I initially misinterpreted as impediments to my spiritual unfolding, only to recognize them as catalysts for my awakening: Until being exposed to the new understanding of authority, I either was afraid of authority figures or considered them incompetent, whether bosses, teachers, or medical professionals sincerely trying to help me. Then I wondered why my authority in the world was not respected! What a relief to learn that I would never be able to experience respect as an authority until I was willing to give it.

Another dramatic shift occurred when encountering discipline. I had to admit an overwhelming degree of confusion distinguishing between punishment and discipline. Examining the spiritual essence of the word

discipline was the first step in a new relationship with this concept. In time, discipline provided inestimable help in facilitating the materialization of my hopes and dreams.

Through responsibility, I addressed my many fears, such as anxieties about ridicule, about having others notice my imperfections. In the process, more confusion bubbled to the surface. I had thought that if I was spiritual, I would not have to "do" anything, or really be there for anyone else—even for myself. Honestly, I thought I would simply sit, drink tea, meditate, and revel in phenomenal mystical moments. Mundane responsibilities to those I love—my spouse, son, parents, siblings, and friends—turned out to be the actual crucible for becoming the person I want to be!

Then, commitment, quiet but fierce, held me steady in getting close to those with whom I share the entire spectrum of human living. The depths of connection with my spouse have become tangible, and our fulfillment of raising our son has been achieved.

All the blessings I have received through the pillars have brought me here, to this wonderful place of ExtraOrdinary living, the natural next level on my soul's path.

My friend, I honor your courage as you continuously share your most authentic self, emanate love, and graciously receive the best life has to offer. Thank you for dancing with me on this leap into the unknown, rehearsing steps that have allowed you to find your footing on your soul's path. I know that by this point in the journey, you likely have fallen in love with your own life, just the way it is. In this way, you have experienced the movement from mundane to magical. Recall that you are the one who has the ability to identify and speak your truth. You are the authority in your life. You are fully entitled to your path; it's dedicated to you, for you, through you, and it is the connecting link to the whole of life. Enjoy!

Following through on our process may have yielded many changes—and some of them are not obvious to the human eye. But, we know better. You live a life that cheerfully brushes your cheek with the sparkle of wholeness. You wake up knowing that opportunities for spiritual epiphanies, spontaneous and unpredictable, may occur during the sweet ordinariness of the day. When you reach out to the abundance, know that you have done so

out of a love that is whole and wholly irresistible. What above all makes this an ExtraOrdinary life is your growing awareness that your future is bursting with possibilities placing you firmly in the light.

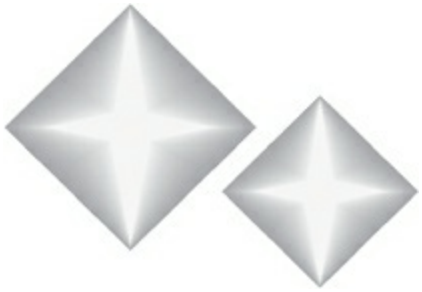
I find myself reluctant to say good-bye. It's been a wonderful adventure that would not have been the same without you. Truly, we each walk our own path, but we are connected in consciousness, united in dedication to discovery and in living side by side. I know that your soul's path, which has been carrying you along since the beginning of time, and most assuredly will continue, has brought you to this place. You, my friend, will go forward on this eternally supportive path to the realization of your destiny. Bravo!

I welcome the next time we walk together for a piece. I will be on the lookout for the unique way the brilliant radiance of the light streams through you! And, when we meet, I'll recognize you by the light in your eyes, the kindness of your approach, and the warmth of your laughter.

Until then,
Much Love and Many Blessings,
Linda Howe

APPENDIX

The Pathway Prayer with Akashic Reflections



How to Use the Pathway Prayer

These abbreviated instructions are presented for more convenient use after you are familiar with the prayer. For complete step-by-step instructions, read the section "Recommended Guidelines for Working in the Records" in Chapter One.

- Have a copy of the prayer with you.
- Find a reasonably quiet place.
- Allow adequate time.
- Accept what you are given in the Records; describe, don't evaluate.
- Say the Opening Prayer and the Closing Prayer to formally and effectively open and close the Records.
- The Opening Prayer aids you in entering into this soul-level dimension of the Akasha.
- The Closing Prayer assists the essential return trip to everyday

awareness.

To open your Akashic Records, follow these three steps:

- Say ***lines 1 through 10*** of the Opening Prayer aloud, just as they are written.
- Repeat ***lines 8 through 10*** silently two more times, this time inserting your current legal name where the italics appear.
- Announce the opening of the Records by saying ***line 11*** aloud.

Opening Prayer

1. And so we do acknowledge the Forces of Light
2. Asking for guidance, direction, and courage to know the Truth
3. As it is revealed for our highest good and the highest good of
4. Everyone connected to us.
5. Oh Holy Spirit of God,
6. Protect me from all forms of self-centeredness
7. And direct my attention to the work at hand.
8. Help me to know *(myself)* in the Light of the Akashic Records,
9. To see *(myself)* through the eyes of the Lords of the Records,
10. And enable me to share the wisdom and compassion that the Masters, Teachers, and Loved Ones of *(me)* have for *(me)*.
11. The Records are now open.

Closing Prayer

To close your records, read this aloud, once:

- I would like to thank the Masters, Teachers, and Loved Ones for their love and compassion.

- I would like to thank the Lords of the Akashic Records for their point of view.
- And I would like to thank the Holy Spirit of Light for all knowledge and healing.
- The Records are now closed. Amen.
- The Records are now closed. Amen.
- The Records are now closed. Amen.

Akashic Reflections

MAKING PEACE WITH OURSELVES

Open your Records following the prescribed protocol.

Acclimate to the atmosphere of the Akasha. With your inner voice, call to your Masters, Teachers, and Loved Ones, inviting their assistance with this process. Ask to have some awareness of a grievance you currently have against yourself: some specific action you take, or a way that you express yourself, or something about yourself that you find unacceptable. Let a particular facet of your humanity come into focus. Describe it. This is not the time to judge or evaluate; simply describe. What do you do or fail to do? What are your thoughts, feelings, and actions in connection with this? And then what happens? Go ahead and detail the unfolding.

Ask to see what occurs when you condemn yourself for this. When you pressure yourself with harsh criticism, what happens to this flaw? Does it usually grow stronger, become inflamed, or aggravate you? Examine your own process.

Invite your Masters, Teachers, and Loved Ones to help you find the place within yourself where you can extend some understanding to yourself. It may seem that this is just you talking to your Innermost Self, and that is perfectly fine. Experiment with saying to yourself, “Of course! You have this” or “Of course! You’re this way” or “No wonder! It’s okay.”

Look to see when this began for you; how did this trait develop? Even if it’s inherited from relatives, it’s yours now. When did you claim it? How has it been beneficial for you to be this particular way? Notice what a loving choice it was. Check to see if you can “get on your own side,” or align with yourself as a person. Continue with “Of course!” and “No wonder!”

Please consider the possibility that you may be this way, saddled with this imperfection, for the rest of this life. Are you willing to extend respect, kindness, and compassion to yourself *even if* you are this way for the duration of this incarnation? Most of us need some assistance at this point. Your Masters, Teachers, and Loved Ones are willing to provide whatever you need. Ask them for help loving and accepting yourself with this flaw. Excellent work!

Moving along now, ask to become aware of a pattern of behavior, thought, or action that was once

supportive but has become limiting. It can be anything; you are familiar with your areas of distress, so let your ordinary human knowing provide this information. Great.

Now, describe the pattern. What do you do? Not do? When did this begin? What convinced you it was a good idea to adopt this pattern? In what ways has it been helpful? At some point, it began getting in your way. When was that? What was happening? How had you grown through the pattern at that time and yet decided to retain it? How has it been beneficial for you to retain a limiting pattern?

Consider the possibility that you may have this pattern for the rest of this lifetime. Ask your Masters, Teachers, and Loved Ones to empower you to extend "Of course!" and "No wonder!" loving kindness to yourself. Speak out loud: "Of course you have this pattern!" "No wonder! It's always been this way—how would you know any different?" Open up to treating yourself with the kindness and respect you deserve even with this pattern. Accept it.

Close your Records following the protocol, and take time to ground yourself.

MAKING PEACE WITH OTHERS

Open your Records following the prescribed protocol.

Adjust your awareness to the presence of unseen spiritual support. Consider a relationship in your life that is presently troubling you. Observe the other person and what is happening that is upsetting you. Notice if it is a problem for him or her or for you, or for both of you. Ask for help understanding how this behavior can possibly be the best that he or she can do at this time. Is it possible that this individual is striving to attain an increase in well-being? What about you? What is going on that you are unwilling to let this person be the way he or she is right now? What about your own behavior is impacting the situation?

Consider, "Of course! You want to control this person." Be kind to yourself as you see the ways in which you are judging and imposing unrealistic expectations on this individual. Maybe you have been victimized by him or her in the past. Can you love and respect yourself even though you have been a victim? Is it possible that it was your best effort at the time?

Now, leave this be and let's shift gears. Ask your Masters, Teachers, and Loved Ones to bring to your attention a time in this life when you unknowingly hurt someone else. You didn't mean to, but it happened. Okay, let that go. How about a time when someone unwittingly caused you harm? You know this person didn't mean it, but it happened.

How about a time when you intentionally hurt someone else, probably because he or she hurt you first, or he or she deserved it, or you wanted to teach him or her a lesson? In any event, you deliberately caused this person distress. Now, think of a time when someone else intentionally caused you harm. You knew this person meant it. He or she may have been proud of the behavior.

Then, was there a time when you were sincerely striving to help someone you love and it made the situation worse? You did not intend for things to backfire, but they did. Certainly there was a time in your life when someone had a good idea for you, and you followed it, but it turned out to be a disaster. You knew he or she wanted to help but it went very badly.

How about a time when you were attempting to do something good for yourself—get a certain job, or a mate, or move to an ideal location—and your plan came to fruition … and it was all wrong!

Good. Now let that all go. Ask your Masters, Teachers, and Loved Ones to help you see the light of good living in the midst of all those human imperfections. Ask to see yourself and others the way we are all seen and known in the light of truth, the light of goodness, peace, acceptance, wisdom, and

compassion. Beautiful.

Close your Records following the protocol, and take time to ground yourself.

INCARNATION

Open your Records following the prescribed protocol.

Settle into your Records, assessing the Akashic atmosphere. Ask your Masters, Teachers, and Loved Ones to assist you in seeing you in your body in this lifetime. How are you seen, you as a human being, as a person in the world at this time? Make note of the perspective of your Masters, Teachers, and Loved Ones. Take this opportunity to become aware of how you are seen and known in the light of truth. Do you seem real to yourself? What are your prominent qualities? What do you recognize about yourself?

Move to the Zone of Choice. Get a sense of a place to stand, a position for viewing. Ask to be shown all the bodies available the year of your birth. What was it about this particular body that was so compelling to your soul that moved you to be with this body? What was it about this body that you sensed could realize your soul's destiny better than any other?

Now, make a subtle shift to a place from where you can see your body not only as a vehicle, but as the ideal expresser or transmitter of your soul's purposes. What guidance do your Masters, Teachers, and Loved Ones want to impart at this particular angle? What are your soul's purposes and intentions? Of course there are many, and when viewed from different angles, the variety is apparent.

Reread the third stanza of the Prayer, to support moving into another position within your Records. Now ask your Masters, Teachers, and Loved Ones to assist you in locating the zone within your body that makes it easier for you to communicate with yourself. What area of your body is available to you for this type of relationship at this point in time? From the perspective of your body, what does it have to share about its current condition and general well-being? Is there anything it wants to bring to your attention? A hope, a preference, a desire, a request? Be open to the expressed concerns and comments from your body.

See that the particular body you are in has certain privileges and responsibilities, as well as strengths and weaknesses. Identify these to the best of your ability. How do these relate to your soul's purposes and intentions? How does the present condition of your body relate to your soul's purposes?

Observe your level of acceptance, allowing your body to be just the way it is without alteration or adjustment. Is there any possibility that you can appreciate your body at this time? Can you get a sense that the choices you made over time with regard to this body were really perfect when you made them, and you just outgrew them?

From a place of awareness, acceptance, and appreciation, see the relationship between the condition of your body and soul's purposes. What could it possibly be? How is this body the best option in the universe right now for the expression of your soul's destiny? What can this particular body deliver better than any other in the whole world? What does this suggest about likely soul intentions?

Explore some appropriate actions to anchor in your new perceptions. What does my body need now at this point in my life, even today? Ask for a manageable step. What does my body need from me to support the expression of my soul? What action can I take? Is there something to do? Is there something to know? What is my part in supporting my body so that my soul's purposes can be realized?

Finally, if your body had one message for you today, what would that be? Is there anything your

body wants you to know or understand? What is your body's message for you? What is your body's message to the world? What is the communication your body carries, transmitting as you move through your life on an everyday basis? Make note of your findings.

Close your Records following the protocol, and take time to ground yourself.

AUTHORITY

Open your Records following the prescribed protocol.

Establish a Pillar of Light in front of you. Now open your awareness to the presence of your Masters, Teachers, and Loved Ones, and ask them to show you a sense of your relationship with authority throughout your lifetimes. Scan lifetimes when you were a positive, powerful authority figure, and others when you were a negative, maybe even terrifying, authority figure. What are the recurring elements in those lives? Are they occurring still?

Now, examine lifetimes when you were in complete harmony with authority and others when you were in conflict with authority. Now, just let those stories fade away. Concentrate on the whole story of all the many scenarios that involve you and authority. What did you learn that is useful about who you are now, and the details of the life you are living?

At this time, ask your Masters, Teachers, and Loved Ones to bring to your awareness the lifetimes that are influencing this one. First, find a lifetime when you were a positive and powerful authority figure. Perhaps you can see who you were and when. What was your realm of authority? You may have been a political figure, a religious figure, or a great business person. Notice how you feel about this individual. What decisions and actions did this person make and take that you now consider him or her to be a good authority? Find out what wisdom this individual has for you about being a positive authority figure that can assist you in this lifetime. Thank this person and let him or her go.

Next, ask your Masters, Teachers, and Loved Ones to bring your attention to another lifetime in which you were a negative authority figure. Who were you? Where were you? What was the time frame? What was your realm of authority in this incarnation? Were you a religious authority, a military leader, a parent, a professor, a doctor? What were you doing that was so terrible? What convinced you that this was an effective strategy? Notice how you feel about this person. What does he or she know about being an authority that can be useful to you in this lifetime? Now let this go.

Next, ask your Masters, Teachers, and Loved Ones to bring to your awareness a lifetime in which you had a terrible conflict with authority. See again who you were, and in what time frame. What was your complaint about authority? What was the nature of the difficulty? What did you do about it? Find out what this individual knew about authority, about being in relationship with it. What convinced him or her that maintaining conflict was a wise notion? What does he or she know that can be beneficial to you in this lifetime? Notice how you feel about this person. Are you shocked by what you learn? Do you feel sympathy? Spend a few more moments with this individual whose conflict with authority has governed his or her life, and then let this person go.

Next, request that your Masters, Teachers, and Loved Ones bring into focus who you were in a place and time when you were in complete harmony with authority. See who you were. When? Where? Look and see all the ways in which you honored authority in your life. What did you know or believe about authority that empowered you to flow in this way? What ideas did you have about yourself and your role in life that supported this way of being? What did you do about it? What did you know? What action did you take? How did you conduct yourself with regard to authority? How do you feel about

this person now? This is your opportunity to find out what he or she knows about being in a right relationship with authority that can support you in this lifetime. Now, let this person go.

Keeping your Records open, take a step away from the action for a few minutes to assess what you are discovering.

Take a second now and redirect yourself back into the Records, rereading the third stanza of the Prayer. Again, lining up with your personal Pillar of Light, settling in with your Masters, Teachers, and Loved Ones, ask them to reveal to you your relationship with authority in this lifetime. In this lifetime you have been in various positions of authority that were positive, self-confident experiences. See what those were.

Now, tour the pattern of conflict with authority. There can be both appropriate and inappropriate conflict with authority. Look for both.

In this lifetime, you have a full spectrum of experience with authority. Bring your focus now to a phase or a very particular episode when you were in harmonious, productive, enriching alignment with authority. See where you were, what was going on, and observe the opinions you have about the authority and the circumstances. What did you assume to be true about authority? About yourself? About your situation? What made it possible for you to enjoy such a rich relationship? Now, let it go.

Next, ask to be shown a time when you were in a position of authority, and you were not a very good authority. Take a look and see what was going on. What made you a negative authority? What did you assume was true about you that caused you to be a negative authority? What convictions did you have about authority that made it highly unlikely for you to do a good job? This is good. Can you get any sense of how it was beneficial for you to be a negative authority? Or, how it would be harmful for you to succeed as an authority? Look at that.

Finally, bring to your awareness a time in this lifetime when you were a really wonderful authority. Get a glimpse of what you were doing. What were you thinking? What enabled you to be an authority held in such great esteem? Notice here the opinions, the judgments, and the evaluations you have of yourself as a positive authority figure.

Now, ask your Masters, Teachers, and Loved Ones to assist you in identifying an action, an appropriate action expressing the present truth of your understanding of authority—something you can actually do in the next few days.

Take a moment to allow the variety of expressions of who you have been in other times and places to move back to their rightful places.

Close your Records following the protocol, and take time to ground yourself.

DISCIPLINE

Open your Records following the prescribed protocol.

Acclimate to the Akashic atmosphere. Establish a Pillar of Light and use it like a viewfinder offering the scope of your incarnations.

Ask your Masters, Teachers, and Loved Ones to help you see, sense, or perceive the progression of your relationship with discipline throughout time. Survey this unfolding. There may be a whole series of lifetimes when discipline was quite negative, and other times when it was more positive.

Request that they bring to your awareness a lifetime when you had an experience with discipline that was so terrible, it is still influencing you to this day. Try to see who you were, and when. What happened that made discipline so negative and impactful? What does the individual from that lifetime

want you to know about discipline? Is there a message to be shared? Probe as you can; then let this person go.

Next, ask your Masters, Teachers, and Loved Ones to bring into your awareness a lifetime when you had a positive experience with discipline. You want to see a picture or get a felt sense of this individual—who you were, when, where, and any other information. What made it a positive or favorable experience of discipline? How did you benefit? What enabled you to call it positive? Was it something about the discipline itself, or was it something about the results it produced? What does this individual know about discipline that can be useful to you at this point in time? Again, taking note of the message, allow that person to depart your awareness.

We are moving now in another direction within the Akasha. Reread the third stanza of the Prayer. Staying with the Pillar of Light, scan this current lifetime. Ask your Masters, Teachers, and Loved Ones to bring to your attention your general patterns of discipline in this life. You certainly have both positive and negative experiences; you have both success and failure. We are looking for general patterns. Notice your usual response to discipline, whether it is acceptance or rejection or some combination. Perhaps there are certain disciplines that you find easy and others that are more challenging.

Ask your Masters, Teachers, and Loved Ones to bring into focus a time in this lifetime when you were particularly confused about discipline. Is there an experience when you confused discipline with punishment? Examine what happened. Can you see where you were vulnerable in your understanding? You may even be able to detect how this has affected your relationship with discipline for this whole lifetime. Now, let that go.

Next, request that they bring to your awareness a discipline that was very strong in your mind. You thought it was a great idea, and indeed it was, but your heart wasn't in it and so never warmed up to it. Your will, uninspired, did not bother to participate. Take a look. See how long that lasted for you. Can you see that it could not succeed? Then, let that go.

Now, consider a discipline that was a deep desire of your heart—you loved it! You were enthusiastic at first, but upon contemplation, your mind was not convinced and neither was your will. You had no force behind the discipline. There was no momentum. See what that is and how long it lasted. Good, now let that go as well.

The next discipline to consider is one that your will embraced: *I will do this. This is the right thing to do, and a good thing to do.* Think about a discipline you began with great will behind it, but your heart wasn't in it and neither was your mind. How long did it last? What happened? Now, let this go, too.

Keeping your focus in this lifetime, ask your Masters, Teachers, and Loved Ones to show you a negative experience of discipline. See what happened and why you determined it was negative. What made it negative for you?

Letting that go, ask them now to help you identify a positive experience with discipline in this lifetime. Again, consider what was involved that made it positive. See what message your Masters, Teachers, and Loved Ones have about this. What do they want you to draw from this? Now, we move on.

With attention on yourself at this point in your life, ask your Masters, Teachers, and Loved Ones to help you identify a discipline that would make a significant difference if taken up in your life right now, an appropriate action expressing your Innermost Self. It might be something big or small, yet powerful. What does your mind think about this? Is it a good idea? Does it make sense to your mind? What does your mind have to say about their recommendation? Next, take it to your heart. How does that feel? Notice your feelings about this. Finally, bring this idea to your will. Does this suggestion inspire action, or not?

If the suggestion from your Masters, Teachers, and Loved Ones passes the Triangle Test, it is time to launch a fresh initiative undertaking this new discipline. However, if the suggestion is strong in only one corner of the Triangle, request another one. Discuss these things with your Masters, Teachers, and Loved Ones. If you have to repeat this particular part of the reflection a few times until you arrive at a

discipline that passes the Triangle Test, go right ahead.

Close your Records following the protocol, and take time to ground yourself.

RESPONSIBILITY

Open your Records following the prescribed protocol.

Establish a Pillar of Light. Request that your Masters, Teachers, and Loved Ones make clear to you the moments in your incarnations when you awoke to soul-level responsibilities. Ask them to help you identify a specific situation. What was the catalyst for that moment of awakening? What kind of a shift did it cause? How has this impacted your journey over time?

Now ask your Masters, Teachers, and Loved Ones to help you pinpoint a lifetime in which you were committed to avoiding responsibility. You didn't want any part of it. You chose to ignore or deny it, to escape responsibility. Locate this experience to the best of your ability, at least to the point of getting an impression. Who were you, when and where, and what was going on for you? You were compelled to deny responsibility; what was that about? What ideas did you have about responsibility that drove you away from it? Were there ideas you had about yourself that made it impossible for you to warm up to responsibility? And what were the consequences for you? For the people around you? What does the individual from that lifetime want you to know about responsibility that will benefit you in this lifetime?

Consider another time, one in which you thoroughly enjoyed responsibility. You had no resistance, reluctance, fear, or concern—only willingness and acceptance. Get a sense of who you were, when, where, and what empowered you to open up to responsibility in this way. What did you know or believe to be true about responsibility? What did you know or believe to be true about yourself? What were the results of this approach to responsibility for you and others? What does this individual know that he or she would like to share with you for your support in this incarnation?

Now, ask to be redirected. Focus on this lifetime. Make some distinctions between soul-level and false responsibilities, and consider any confusion you might have about these. How are you affected when you get tangled up in false responsibilities? What motivates you to do so? What usually happens to you? What happens with the responsibility itself? Why did you think it was wise to assume this responsibility? Leave that be.

Now, ask your Masters, Teachers, and Loved Ones to accompany you to the Zone of Choice.

Finding yourself in the Zone, step into the space you were at when, with conscious deliberation, you elected the soul-level responsibilities for this particular incarnation. Can you identify any of them? What are the qualities of your soul-level choices? What were some of the reasons for these choices? Is there a particular pattern of personal development underway through these responsibilities? Are there more supportive resources available to you that you had not noticed prior to this meeting?

Ask your spiritual team to help you identify the core karmic responsibilities for this life. These include the responsibility to your own soul, to yourself—especially the expression of unconditional self-love. Consider the responsibilities you chose for people whom you really love, whom you have known forever. This can include your children, parents, spouse, and friends. Ask for advice on meeting your responsibilities in this life. For now we will let this go.

Close your Records following the protocol, and take time to ground yourself.

COMMITMENT

Open your Records following the prescribed protocol.

Settle into your Records. Ask your Masters, Teachers, and Loved Ones to help you see, sense, or perceive the commitment you have to your soul through time and how that has evolved over time. See if you can get a sense of the qualities and the characteristics of the commitment to your own expanding awareness.

And what about your commitments to other people? What is your commitment to them? What commitments do you have to yourself in their presence?

Now take a look at commitments you have to your larger community, however you understand that at this point in your life. Look at the commitment to your larger community, whether covert or overt, and then consider commitments to yourself in the presence of your greater community.

Ask your Masters, Teachers, and Loved Ones to help you see commitments that you have been carrying for lifetimes that are still very active, very open. What are some of those outstanding long-term commitments that you have to yourself, others, close others, or your greater community? Are there any commitments that are new in this incarnation? Look to see what commitments come naturally for you, and why. What is it about them that is easy? And then, what about some of the more difficult commitments? What's involved? What's the problem? Why are a couple of these really hard for you?

Step into the Zone of Choice, looking at the commitments that are alive for you in this incarnation. What are your priorities for this life? The challenges? Opportunities? What mountains of personal growth have you selected? Wonderful.

Now is the time to go even deeper into the Akasha. Ask your Masters, Teachers, and Loved Ones to facilitate your movement from this Zone of Choice to the Zone of Freedom. Here, ask your Masters, Teachers, and Loved Ones how to fulfill your commitments in this lifetime. Then, request that they facilitate the return transfer from the Zone of Freedom to the Zone of Choice and then to the Akasha at large.

Reread the third stanza of the Prayer, asking your Masters, Teachers, and Loved Ones to bring to your awareness the most active commitments you have at this point in your life. Surround yourself with your commitments to yourself, your children, your mate, your friends, your pets … place yourself in the hub in the middle of the circle. Ask them to help you see how these commitments are nurturing you. How are your commitments returning life force to you? Open yourself up to loving your commitments. Let yourself love all your commitments, however that is for you. Now pick a favorite commitment and allow yourself to love it. See how that infuses you with more energy. Alternatively, pick your least favorite, and ask your Masters, Teachers, and Loved Ones to help you find a place of love within yourself for it.

And now, turn your eyes toward your past. Don't move; stay in the middle of the circle here. Open your awareness to that direction you know to be your past, and ask them to help you see commitments that you have to your ancestors, to those who have gone before you. Consider which of these commitments can be fulfilled in this lifetime, and look to see how. Leaving that channel open, direct your attention to what you understand to be your future, and to those who will follow you, your descendants. Ask to see what commitments you have to them and what is required for their fulfillment.

You have in this lifetime, and had in other lifetimes, traveling companions: those people you have been on the path with—to the right, to the left, shoulder-to-shoulder. Ask your Masters, Teachers, and Loved Ones to empower you to recognize the commitments you have to your traveling companions and how to honor those commitments. Excellent.

Close your Records following the protocol, and take time to ground yourself.

GRACE

Open your Records following the prescribed protocol.

Take a moment with your Masters, Teachers, and Loved Ones to survey your accomplishments. Check in on the internal Pillars of Light that form your five-pointed Star. Begin with incarnation, and then move to authority and discipline. Look at responsibility and then commitment.

With the Pillars of Light in place, ask your Masters, Teachers, and Loved Ones to take you to an altitude of awareness to observe the configuration of the five-pointed Star. Ask to see it from above, as if you are looking down on yourself. Finding the Star, enter the central Pillar of Light. With their assistance, move into that central Pillar of Light, and let yourself float. Here is your personal dimension of grace—the home of your Innermost Self—that part of you that knows you are Divine. Allow your Innermost Self to come into focus. Stay within the central Pillar and allow your Innermost Self to venture forth into your life. Where does your Innermost Self naturally flow? Where does it naturally want to go? And what does it do there?

Please invite your Masters, Teachers, and Loved Ones to bring to your attention a current situation in your life in which you have a very strong awareness of grace. Ask them to show you how that awareness impacts your experience. Excellent. Next, ask them to show you a current situation in which you have a dim awareness of grace—absent or very slight. See how your awareness of grace is impacting this experience. There are some remarkable differences, aren't there?

The question now becomes, "How can you cultivate a greater awareness of grace?" Ask your Masters, Teachers, and Loved Ones to assist you with this. What supports your personal awareness of grace? What supports you? Be as specific and as practical as possible. Good.

Redirect your attention, moving deeper into your Records by rereading the third stanza of the Prayer. Set up a Pillar of Light. Ask your Masters, Teachers, and Loved Ones to show you a place and time in which you had a heightened awareness of grace. Request that your Masters, Teachers, and Loved Ones empower you to connect with that consciousness in that lifetime, to see who you were and when. What were you about in that lifetime, and what was important to you?

And in that lifetime, what were your beliefs? What did you know to be true that fueled your ability to live as a being of grace at that time? How did you know this? Looking at the individual from that lifetime, take the opportunity to inquire, what did he or she know that made it possible to live as a being of grace? And what suggestions does this person have for you now? Good.

Next, bring this enlightened consciousness of yours from that time to present day. Move into your heart center. From the inside, establish a bridge of light from your heart to the Pillar of Light. Please invite this expression of who you have been in another place and time, and escort him or her across the bridge into the space of your heart. Allow this person's enhanced awareness of grace to permeate the whole of your being.

Since this valuable and precious dimension of your being has returned to you consciously, we allow the Pillar of Light to collapse, and the bridge to dissolve. Close up your heart center, as if you were swaddling it, sweeping from left to right and from right to left. Allow that to settle in just a bit. Then, bring your attention back to you, the ordinary person, this being here and now whose internal structure is upheld by strong and clean pillars, which are quite appropriate for who you are now.

From grace, the central zone of the five-pointed Star, ask your Masters, Teachers, and Loved Ones to

shine the light through you as you venture forward on your path. Take one more scan from overhead to see the five-pointed Star: *Incarnation, Authority, Discipline, Responsibility,* and *Commitment.* And so we stand—individual points of light—each of us a Star shining brightly on this planet, in this solar system, in the entire universe, giving to the universe the light that is uniquely ours to share, and receiving from the universe the nurturing and sustenance we need to manifest our souls' purposes.

Close your Records following the protocol, and take time to ground yourself.

BALANCING THE TRIANGLE

Open your Records following the prescribed protocol.

Ask your Masters, Teachers, and Loved Ones for a tour of your Triangle. Start with your mind—look to see the current state of your mind. Is it intense, rigid, and closed, or open, flexible, and comfortable with a variety of points of view? Consider the ways in which you already balance your thinking, and the ways in which you have less balanced thoughts. What would it be like for you to be in an optimal state of mind? What kind of thoughts would you think on a regular basis?

Moving along, ask your Masters, Teachers, and Loved Ones to assist you in entering your heart center. What are the dominant characteristics? Serenity, distress, or maybe even bliss? Pay attention to the ways in which you are in harmony and the ways in which you are seriously out of tune with yourself. How comfortable are you allowing yourself to be exactly where you are with regard to your emotional equilibrium? Do you have a sense of when this was your preferred emotional state? Can you recall a time when this was a state of growth and improvement? Ask in your Records to get a sense of what it would be like for you to be in an ideal emotional state. What are your dominant emotional traits? How would you feel? Finally, what appropriate actions can you take at this point in your life that would encourage these feelings? Wonderful.

Continuing along to will, ask to be immersed into the present condition of your will. Is it overdeveloped (with a tendency to bully) or underdeveloped (with leanings into cowardice)? Accept what you find. It may well be that you are overdeveloped in some areas of life and underdeveloped in others. Consider the reasons for the imbalance in your will. Ask in your Records for a distinct sense of your will in an optimal state of balance, and give yourself the opportunity to connect with it so it becomes more real to you. A balanced will maintains its integrity, yet is sensitive enough to know when yielding to its environment is a sign of strength. Request that your Masters, Teachers, and Loved Ones enable you to identify appropriate actions you can realistically take in the upcoming days to bring your will back into balance with itself. Excellent.

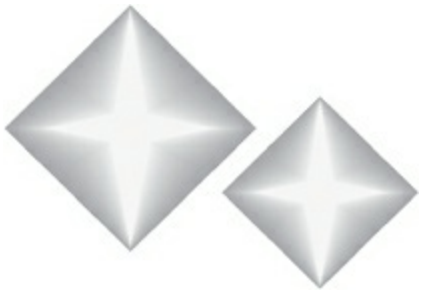
Travel into the center zone of the Triangle, letting yourself rest in the convergence of these potent individual energies as they blend, overlap, and find their own natural harmony. Pay attention to the flow of the energies from one corner to the next, moving to the left, to the right: the heart extending to the mind and will, the mind reaching out to the heart and will, and the will stretching to connect with the mind and heart. Notice which relationships are particularly strong, and which are fragile. Make note of the present state of the union in your Triangle, and let it be exactly the way it is.

Now, ask your Masters, Teachers, and Loved Ones to empower you to experience yourself with an ideal, optimally functioning Triangle. What is that like for you? Are you energized? Invigorated? Enthused? Look for a quality of open mind and heart, ready to take appropriate action. Ask for guidance as to what particular action you can take in the immediate future that will bring balance to your entire Triangle. Wonderful.

Inquire as to what becomes likely when your Triangle is in optimal condition over a sustained period of time. Consider that you are in balance, stable, secure, and resilient, with the light emanating from you with increasing brilliance. What is it like residing at the center, allowing the light to shine? What is it that you need to manifest your destiny in this incarnation? How do you experience yourself? What traits and characteristics do you exhibit? What's it like to be you? Peering out beyond your personal identity, look to see what is finding its way to you, compelled by your radiant light. People? Opportunities? Resources? Ideas? Places? Beautiful!

Close your Records following the protocol, and take time to ground yourself.

A TRAVELING COMPANIONS' RESOURCE GUIDE



One of the exceptional opportunities of our time is transitioning from an ordinary to ExtraOrdinary relationship within our human experiences and with our fellow human beings—the key to which is assuming personal responsibility for our personal spiritual awakening and development and engaging others along the path. We are the bridge generation between our parents, who were the last to live in the old paradigm of reliance on outside authorities for spiritual validation and growth, and our children, who often wonder aloud about (what seems to them to be an unnecessary fuss about) our awareness of inner light. This course offers one strategy for approaching this unique occasion.

The spiritual journey is many things—inspiring, encouraging, transformational, and profound. It can also be great fun, especially when shared with like-minded, like-hearted traveling companions heading in the same direction. Each of us has our own nontransferrable path to tread, yet traveling together offers mutually empowering sustenance for all participants. Over the years, I have personally experienced the rich rewards of study groups for facilitating my personal unfolding within a mutually growing, supportive learning community.

If you are inclined to start a study group based on the material in this book, here are some suggestions to use as you see fit. As there are two levels of spiritual transformation— individual and group—I highly recommend that

you review and reflect on the selected questions prior to the meeting. Give yourself time for personal examination and reflection first. Make note of your findings: Describe what you think, how you feel, and how things seem to you. Use these prompts to go deep within, reinforcing your ever-enriching connection with yourself. And then begin to probe and ponder within a group.

Success for a study group first requires creation of emotional and social safety for each member. Here are some ideas that support cultivating an atmosphere of kindness and respect, followed by suggested areas for discussion and questions for reflection that touch upon each chapter in this book.

Cultivating an Atmosphere of Kindness and Respect

- Mixing spirits is not a good idea! If you want to serve alcohol, please do so after the formal meeting.
- Select a specific group of questions prior to gathering, giving people time to prepare. Commit to staying focused on those questions for exploration.
- Know your time frame before beginning. Be responsible for the time: Start and end promptly.
- Allow each person a chance to share.
- Refrain from giving advice.
- Listen with an open mind and heart. Share in good faith.
- Your contribution includes both sharing and listening. Without these, the group doesn’t happen. Through a vulnerable exchange in a safe environment, all encounter Divine light.
- Think of your group as individual Pillars of Light working to strengthen the vertical connection. If a group of individual Pillars of Light gather, an amazing, massive Pillar of Light is formed.
- If everyone is “sending” energy to one another, the integrity of the group is compromised. Each member is responsible for maintaining his or her own energy field.

- Being in a group provides an opportunity to practice the Akashic Approach: extending loving kindness ("Of course!") and the benefit of the doubt.
- Don't forget the Akashic Absolutes, especially "Judge Not."
- Have a wonderful time!

Suggested Areas for Discussion

- What is your idea of an ExtraOrdinary life? What factors in your ordinary life seem to be in the way? Naturally, there are some ways in which you already have ExtraOrdinary aspects. What are they, and what makes them so exceptional?
- Consider the story of your personal spiritual journey. The Akashic Record is the story of your soul's odyssey through time as a human. Reflect upon your story in this lifetime.
- What are the dominant themes propelling you in this lifetime? Tell about significant moments when your spiritual awareness broke open because of something in your human experience. What has been helpful so far in this life, and in what ways?
- What inspired you to pick up this book? What's been nudging you along your path?

How to Read the Akashic Records

- If you haven't yet tried to open your Records, why not? What would empower you to give it a try? Can you make arrangements to facilitate your success?
- If you have tried, congratulations! How did it go? Describe. Will you continue with your exploration? What do you need to support yourself?

Making Peace

- With yourself: In what specific ways has the spiritual practice of unconditional love ("Of course!") affected you? Is this a productive practice for you?
- With others: Have you tried extending the benefit of the doubt (at the level of motive) to others? What were the results? How does using this practice affect you?

The Five Pillars of Consciousness: Incarnation, Authority, Discipline, Responsibility, and Commitment

- Some are strong, clear, resilient—others, not so much. Review all five pillars. Identify which are resilient, requiring little attention. Reflect on why this is the case.
- Consider the ones that are troublesome for you. Why do you think these are difficult? In what ways?
- If you have completed the reflections for rehabilitating the pillars, reevaluate these questions, asking in what particular ways you have made progress with each Pillar of Consciousness, including the strong ones.

The Central Pillar

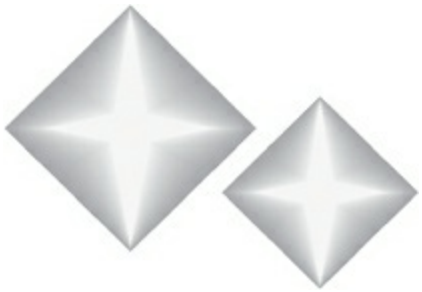
- Grace: In your everyday life, how have you observed grace? What does it seem like, and what impact does it have on you and your life circumstance?
- Balancing the Triangle: Describe the overall well-being of your own Triangle: heart, mind, and will. What are your strengths? Weaknesses? Describe the connection between each: heart and mind, heart and will, mind and will. Make note of what you perceive, both before doing the reflection and afterward.

What's Next for You?

- If your heart, mind, and will were aligned, what would you

personally radiate? Describe your human gifts, talents, and abilities as they shine through the light. What's possible for you? What's next?

GLOSSARY OF TERMS



Acceptance: Acknowledgment, recognition, or approval.

Akasha: All That Is. It is the primary substance from which everything originates. We are referring to energy in its first and earliest state—before it has been directed by our thoughts and affected by our emotions in this lifetime.

Akashic Absolutes—Judge Not, Fear Not, Resist Not: These are the governing principles of the Akasha, which together safeguard the culture of infinite kindness, dignity, and respect. As we become accustomed to identifying the light and good in all, we see that there is nothing to fear. This frees us to stop judging, knowing that there is an essentially beneficial concept underlying everything that exists—leaving us no reason to resist. Since the light and goodness of our souls cannot be decimated by any person or situation, as we come to know our own eternal, infinite, unlimited spiritual nature, we can relinquish fear and resistance.

Akashic Approach: Actively seeking wholeness, wellness, and goodness.

Akashic Approach to Healing: Consider the possibility that every action is an effort to experience love and well-being, that everyone is always doing their best, and that, at the level of motive, everyone is innocent. It entails willingness to extend the benefit of the doubt to the self and others. To know

that there is nothing anyone can do to extinguish the light. There is no behavior, attitude, thought, or way of being that can snuff out the light of life.

Akashic Light Worker: Individual with increasing conscious awareness of Akashic light.

Akashic Record Reading: Time and attention dedicated to encountering the Akashic Field, consciously, responsibly, and deliberately for the purpose of expanding awareness of soul-level truths and the Divine Reality. This activity can be done for oneself or on behalf of another with their express permission. An Akashic Record Reading affords the opportunity to sense and see who we are, presenting life challenges from the infinite, merciful perspective of the soul. Everyone has a soul, or, more accurately, everyone *is* a soul and is fully entitled to a more conscious relationship with this dimension of the self. The Records are a remarkable spiritual resource for effective human living; all everyday life issues can be seen through them and understood in relation to the soul's purposes and intentions in this particular incarnation.

Akashic Records: The soul-level dimension of consciousness, containing a vibrational record of every soul and its journey. It exists everywhere in its entirety and is completely available at all times and in all places. As such, the Records are an experiential body of wisdom that contains everything that every soul has ever thought, said, and done over the course of its existence, as well as all its future possibilities. The Records are that sacred intersecting zone of Divine, universal love, wisdom, and power, experienced as a profoundly sacred space of consciousness.

Akashic Reflection: In this book, a guided meditation in the Records, centering on a particular topic.

Altitude of the Akasha: The soul-level perspective of infinite wholeness, wellness, and goodness. From this level of awareness, the immutable light of the soul is unmistakable, and the possibility of recognizing the motivation for more love and goodness through any circumstance is readily available. From this angle, it is surprisingly easy to "fall in love" with each individual and the self, no matter what mayhem may be presenting. At this altitude, the "light" is recognizable through basic loving human qualities of caring, tenderness, and strength, to name a few.

Appreciation: Informed favorable recognition.

Appropriate Action: Stage at which we seek to take action expressing our Innermost Self in the best way possible.

Authority: The power to determine.

Awareness: The state or condition of having knowledge or consciousness.

Beings of Light: Unseen entities entrusted with the flow of operations within the Records and between the Records and us mortal human beings.

Circle of Life: In the center zone between receiving and giving. Coming to terms with the reality that we are not the creators of the universe positions us to accept the energy and wisdom of those more capable than we are. We cease judging and begin receiving, empowering ourselves to give more than ever before. With authority, we recognize that the more we honor authorities in the world, the easier it is to allow ourselves to become rightful authorities in our own lives, since we will never let ourselves become anything we perceive to be disdainful.

Commitment: Agreement to fulfill an idea or action.

Discipline: A practice meant to achieve inner development.

Divine: See definition of “God.”

Divine Presence: See definition of “God.”

Divine Reality: See definition of “God.”

Divinity: Of God, however this is for you.

Energy Work in the Akashic Records: All activity in the Akashic Records may be understood as “energy work.” The energy of the Records moves on the formed word, most potent when verbalized, then written, and finally, conceived. It is vital in the process of identifying truth, which is achieved through description with as little judgment/evaluation as possible. That process causes energies to resolve and rearrange into more supportive unseen

structures. Within the Records, our priority is energy first, information second. As we sense—whether through feeling, knowing, image, or sound—and describe what we sense, corresponding necessary ideas come into focus to support our empowerment and transformation. Everyone will experience the Records in their own way.

ExtraOrdinary life: Blessed with a quality of aliveness, where one's spiritual and worldly lives are seamlessly fused.

Forces of Light: An alliance of all infinite, eternal, imminent Light Beings from all dimensions of this universe gathered to reinforce the accessibility of light to humans in transmittable, receivable, useful form.

God: All That Is. The Author of the universe. Everyone has the right to a God of their understanding, no matter what name is used (the Source, the Divine, and so on).

Grace: The disposition to be generous or helpful. It is mercy; it is goodwill. Grace is fast and light, exquisite and fine. We most often associate it with Divinity, such as Divine love or protection, the favor of God. As humans, we experience it as happiness, joy, delight, and, most of all, poise. Grace is the place where the infinite and the imminent connect.

Heart of the Akashic Records (*also* **Heart of the Akasha; Heart of the Akashic realm):** The Records' most powerful location; facilitates integrating the heart, mind, and will so we can operate in both the Records and the world as fully synthesized beings.

Holy Spirit of God: See definition of "Spirit."

Incarnation: Having human form and nature.

Innermost Self: A bridge between the soul and the human self. Conscious, expanding in awareness, protective, and respectful of the challenges of awakening to the profound spiritual paradox of realizing infinite perfection while existing in limited form.

Inner Triangle: Internal structure composed of your heart, mind, and will.

When these three elements are distributed in a way appropriate for you, this Triangle serves as an energetic tripod, holding the ordinary self strong while radiating spiritual light. The structure supports the synthesis of human and spiritual, while the light accomplishes the transformation. Aware of the scaffolding in place, you can recognize your responsibility to clear away the old ideas and select appropriate understandings.

Light Beings: See definition of "Beings of Light."

Light Being Servers: See definition of "Beings of Light."

Light Grid: An energy pattern that is the unseen body of points of light corresponding to our physical, emotional, and mental states in this life. Blanketing each person is a pattern of points of light. Each of these points is connected to one another in a resonating relationship based on the emanating frequencies. The energetic patterns contain who we are, and they are particularly important within the Akashic paradigm. When an individual opens the Records, they have temporary authority over the Light Grid of the person they are serving; if you are opening your own Records, yes, your authority is increased. However, the Grid does not respond to direct intervention. It is through the human dimension of feeling, thought, and action that the Light Grid is transformed to updated patterns supporting a person in the present time. As the individual proceeds from the session, within the context of an adjusted Light Grid, they "grow into" or adapt to more appropriate patterns of awareness and behavior.

Lords of the Records: The collective of nonphysical Light Beings who have never been in body, they are responsible for maintaining the integrity and incorruptibility of the Akashic Records. They decide who may access the Records, and what information will be revealed during a particular reading. They work in a group and do not reveal their individual identities or engage with individual humans. Their primary focus is the sanctity of the Akasha and effective transmission of energies to the Masters.

Loved Ones: People we have known in this lifetime, now deceased, who are committed to your awakening to your soul. These relationships are not necessarily personality based and may be as simple as a sense of someone from our present life, now passed on, who seemed to have an uncanny ability

to see us, to know us, to connect with the light in our eyes. Though they prefer not to be identified, they will reveal themselves during a reading if they feel that your knowing they are around will support you in that moment. They do not do the Reading, and we do not channel them within the Akasha. Often, when someone we love passes on, we have a sense that they are somehow comforting and encouraging us from the other side. This is the optimal role of the Loved Ones, inspiring us to dignity.

Masters: Like the Lords of the Records, they are a group of nonphysical Light Beings who do not identify personally or relate directly with humans. However, they work with individuals. Your particular group of Masters has been with you since your soul's inception, for all time, and is responsible for the expansion of your awareness of your soul's perfection through the human experience. They call upon just the right Teachers and Loved Ones who are best suited to help you as your journey unfolds and your developmental needs change.

Past Lives: From the Akashic point of view, all souls are eternal. The human lifetimes your soul experienced before this current incarnation are known as your soul's past lives. Past lives refer to our personal identities in other times and places embodying our soul.

Pathway Prayer Process to Access the Heart of the Akashic Records: Establishes an energetic zone within which we can mine our interior reality. This inner landscape is filled with infinite kindness, respect, and positive possibility. Our growth is not magically done to us by the Akashic Records. Rather, the dimension of the Records activates this transformation in its Heart, its most powerful location. Most remarkable about the access obtained by using this prayer is that it facilitates integrating the heart, mind, and will, so we can operate in both the Records and the world as fully synthesized beings.

Pillars of Consciousness: See definition of "Pillars of Light."

Pillars of Light: Consciousness concepts consisting of *Incarnation, Authority, Discipline, Responsibility, Commitment,* and *Grace.* The first five concepts are identified by a precise vibration of light, yet within the entire body of light, they operate as a unit; each pillar forms one point of the five-

pointed Star. Your interpretation of these five concepts determines the quality of your functioning in the world. Grace resides in the Star's central pillar.

Reincarnation: At the start of each new lifetime, your soul sets out to expand awareness of its essential goodness, and that of all others and life itself, no matter what appearances suggest. Through the series of a variety of lifetimes, as a number of differing human identities, we have the opportunity to learn to love and accept who we are in any and all circumstances, as we are known and loved by the Divine. Sometimes a particular aspect of this growth may take more than one lifetime to master. Through a series of human lives, we come to know and love who we are in limited, mortal form—and to love others and all of life. This is the ultimate purpose of the journey of all souls.

Responsibility: Being answerable for something within your power, or a soul-level duty that is appropriate for you.

soul: That essential, reflective dimension of being which knows its Divine nature, enjoying connection with the wholeness of light and life, and yet expressing a distinct individual facet of the whole. Its Divine nature is infinite, eternal, unlimited, and simultaneously imminent and intimate. The soul is that aspect of being assuming human form through a series of lifetimes for the purpose of awakening to exaltation while in limited, finite, mortal human form.

soul-level dimension of consciousness: That level of consciousness embodied in the one soul we all share. Though we are each a distinct expression of that soul, we are always connected to that one and inextricably related. This dimension is a space of awareness that is a reflection of the ultimate Divine Reality. It's as if a sliver of a mirror of the Divine were embedded within our being, bestowing a privilege to reflect our portion of the Divine to the world. At this level, the primary understanding is the spiritual truth that we are all one, we are all good. Through this lens we can examine our individual lifetime, our human identity and expression, and our ordinary human activities, discovering how our humanity is aligned in expressing our soul on the Earth.

Source: See definition of "God."

Spirit: The Spirit of God, One, All That Is, Great Mystery, distinct from any individualized personality or personification of the God Force or Divine Presence.

Star: The five-pointed Star formed by five Pillars of Light, or consciousness concepts: *Incarnation, Authority, Discipline, Responsibility,* and *Commitment.*

Teachers: Teachers may or may not have been incarnate and, like the Masters, work in groups without sharing descriptive information about themselves. They prefer to remain unidentified so as not to foster personal dependence upon them. Their tenure is lesson specific; they stay with us only for as long as it takes to absorb a particular understanding and integrate the consciousness into everyday human application. As "lesson specific," Teachers are specialists in concepts such as self-trust, unconditional love, and appropriate communication. This is the area where we can meet some of the major world teachers.

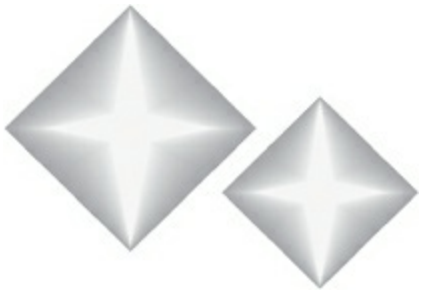
Triangle: See definition of "Inner Triangle."

Triangle Test: To pass this test, the heart, mind, and will must agree about the value of a certain discipline and be willing to participate in the endeavor.

Zone of Choice: A particular realm within the Records dedicated to the opportunity to make choices in between incarnations. This is a place for us to visit with our Masters, Teachers, and Loved Ones, because of its depth.

Zone of Freedom: The dimension of freedom in its optimal state; it is open space and infinite possibilities. This is where you sample what it's like to be fully liberated from anything within yourself, around yourself, beyond yourself—from anything that keeps you from knowing your own goodness. You are free to uncover and to know your best self.

ABOUT THE AUTHOR



After nearly two decades of spiritual searching, Linda Howe encountered the Akashic Records in 1994. She has been deliberately engaging them for personal growth and consciousness development (for herself and others) ever since.

One of the first ideas she explored was accessing the Akasha as an infinite, spiritual resource for empowerment and transformation. At the time, she thought she clearly understood it all. Twenty years later, Linda continues to mine the riches of the Akashic Records, now recognizing that she has only just begun grasping the implications and meanings of "infinite" and, furthermore, that she may never fully understand it all!

Along the way, Linda developed her own uniquely inspired curriculum for spiritual growth through the Akasha, using the Records as the sacred dimension of awareness for awakening and aligning with the soul. Supporting these studies, she founded the Linda Howe Center in 2001 and created the Pathway Prayer Process to Access the Heart of the Akashic Records©. Working with thousands of students over the years—learning more than she ever imagined possible—Linda presented her unrivaled, practical approach to the public with her award-winning books, *How to Read the Akashic Records* (2009) and *Healing Through the Akashic Records* (2011).

Through her interpretations of reality and developed spiritual practices, Linda facilitates—for both clients and students—rich, rewarding, transformative experiences with deeper truths, providing inspired insights and

useful resolutions to life's challenges. Whether in personal Akashic Records consultations or in-person or online classes, working with Linda provides an opportunity to see oneself and life from the perspective of the soul, empowering living in conscious alignment with authentic truths.

In a variety of venues—including Kripalu Center, Omega Institute, Infinity Foundation, and DailyOM, as well as her own center in Chicago—Linda can be found providing interesting and impactful perspectives, practices, and protocols to all who seek transformation and enlightenment in this lifetime. In her ExtraOrdinary ordinary life, Linda resides with her partner of three decades and their son in a Chicago suburb. You can reach her at:

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